

Mountaineer

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INSIDE THE MOUNTAINEER

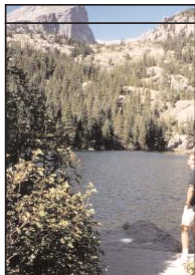
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Feature



Summer Safety Part II
See Page 18 and 19.

Happenings



Although a further drive than the usual "Happenings," Rocky Mountain National Park is well worth a visit.

See Page 27.

Vehicle Registration

The trailer by gate 1 has been removed. Vehicle registration will now be done in the guard shack at gate 1 from 9 a.m. to 4 p.m. Monday through Friday.

Post Weather hotline:
526-0096



Photo by Spc. Jan Christoffersen

Pit stop ...

The number 62 NAPA Auto Parts truck races out of pit row while the number 43 Hot Wheels truck gets some fuel and new tires during the NASCAR Craftsman Truck races Sunday at Pikes Peak International Raceway. Sunday was military appreciation day at the track with Maj. Gen. Charles Campbell, 7th Infantry Division and Fort Carson commanding general starting the events with the famous words, "ladies and gentlemen, start your engines!"

National Guard ending airport security mission

by Master Sgt. Bob Haskell
Army News Service

WASHINGTON — Many Army National Guard troops are returning to life as they knew it before the Sept. 11 terrorist attacks, now that they are no longer helping to safeguard the nation's airports.

This month Guard troops are leaving more than 400 airports where they have steadfastly stood watch in their camouflage uniforms at security checkpoints since President George Bush asked the governors for the Guard's help late last September.

The mission for all Guard troops who have become familiar figures to millions of airline passengers from coast-to-coast will end May 31.

Virginia Army Guard Sgt. Ishma Hodges gained a new respect for the civilian security screeners, and Spc. Derrick Kysar discovered that boring could be beautiful during the seven months they served at Reagan National Airport near Washington, D.C.

Both are traditional, or part-time, soldiers in the 29th Infantry Division that ended its mission at Reagan on May's second Sunday, Mother's Day.

"I gained a lot of respect for what the civilian screeners do," said Hodges, who took military leave from his civilian job as a land acquisition negotiator for the Virginia Department of Transportation to do his bit for the war against terrorism.

"It's hard but tedious duty," said Hodges. He added that the civilians with whom he worked closely at passenger-security

points "get a lot of abuse, but under the circumstances, they do a really good job."

Kysar, meanwhile, balanced his airport duties with his part-time job as a geology instructor at George Washington University in the District of Columbia.

All told, nearly 9,000 Army and Air Guard troops were assigned to 444 airports by last December after President Bush asked for additional personnel through the holiday season, said Greg Funk of the National Guard Bureau's homeland security staff in Arlington, Va.

Many of them, like Kysar, continued to hold down civilian jobs while pulling regular shifts at airports from Boston to Los Angeles. Others put their civilian jobs and college on hold.

"The Transportation Security Administration, being committed to creating a workforce that commands the respect of the traveling public, is in the process of hiring security screeners and supervisors at more than 400 airports who are taking and will take the place of our Guard members," stated the National Guard Bureau.

"This has gone extremely well. There was a lot of competition to do this mission, so we were able to select the best National Guard soldiers and airmen," explained Lt. Col. David Green, who coordinated a force of about 50 Army and Air Guard troops for four airports in New Mexico. "It has certainly boosted the National Guard's image."

The fact that the vast majority of passengers accepted the additional security measures made the duty pretty mundane

most of the time, said Kysar.

"Hey, boring is good," he added before recalling some less than boring moments.

One man, for example, intentionally dropped his trousers after being asked by a civilian screener to open his belt buckle, Kysar said, because he felt his personal rights were being violated.

Another man threw his shoes at a screener when asked to remove them so they could be checked for wires. The shoes did not hit the screener, Kysar added.

"Usually we could defuse a situation by walking up and making our presence known," he explained.

"Your mere presence at the checkpoints no doubt averted would-be criminals and terrorists who have, presumably, chosen other paths of less resistance," said Christopher Browne, Reagan National's vice president and manager, to the departing Guard soldiers.

"They did a good job," said a Harbor Police officer in San Diego about the troops who ended the mission at that international airport May 5.

"I want to express my appreciation to the National Guard men and women in the airports," said Margot Cranford of Little Rock, Ark., about the troops she encountered at half a dozen airports in California, Texas, Florida and Georgia.

"Their presence should be intimidating to the wrong people, but they have been so friendly and helpful to the general public," she added. "It makes me feel that I am part of them instead of apart from them."

Commander's Corner

Our nation has changed significantly since last September; indeed, the world has changed since then.

Traditionally, Memorial Day has been a time for us to honor our servicemen and women who have given their lives for freedom. This year, we have spent many months solemnly recollecting the lives of more than 3,000 Americans who died in the worst terrorist attacks ever on United States soil. Now, perhaps more than ever, we recognize what it means to honor the lives of those who die in service to our great nation.

Memorial Day also marks the unofficial beginning of summertime. Unfortunately, along with summer activities and travel come an increase in the number of deaths and serious injuries. I can think of no better way to honor the more than one million soldiers, sailors, airmen and Marines who made the ultimate sacrifice in defense of our liberty than to redouble our commitment to safety — both at work and while recreating — so that no one on the Mountain Post Team loses his or her life needlessly.

To increase safety awareness, I have designated Memorial Day weekend as the beginning of Fort Carson's "101 Days of Summer" accident prevention campaign that runs through Labor Day. Our objec-



Campbell

tive is to celebrate this holiday, and the remainder of the summer, safely.

I expect each soldier and civilian employee to follow safety guidelines. Doing things the right way, the safe way, is the only way on the Mountain Post.

I challenge leaders at all levels to come up with innovative ways to get the safety message out.

Operationalize safety by doing thorough risk assessments before training or recreational events and take active measures to lessen risk whenever possible. Ensure your subordinates know what is expected of them in terms of safety and ensure that all precautions are followed.

Take time to look at the center section of this week's *Mountaineer*. It contains some valuable safety tips for recreational activities available to soldiers and their families here on the front range, or wherever their vacation travel may take them. Over the next several weeks, we will publish a series of articles to continue to keep the focus on summer safety. Read them, heed their advice and spread the word. The life you save may be your own or that of a loved one.

Because Memorial Day also kicks off the summer travel season, a few words on driving safety are necessary. Today, the number one killer of soldiers is motor vehicle accidents. To make sure you or your loved ones don't add to this statistic, plan your trip carefully and make sure your vehicle is maintained properly before you hit the road. Your unit vehicle inspection is a key part of this process. Most fatal or debilitating accidents are caused by one of the following factors: excessive speed; failure to use seatbelts or driving while fatigued or intoxicated.

Make sure you drive at speeds appropriate for the weather conditions and always observe posted speed limits.

Wear your seatbelt — always. It's the law and it could save your life. Don't even think about driving if you have been consuming alcoholic beverages. If in doubt, take a cab or give the keys to a designated, nondrinking driver. If you're sleepy, find a safe place to pull over and take a nap.

If you are a motorcyclist, as a soldier, you must at all times (regardless of state or local laws) wear a Department of Transportation-approved helmet and reflective gear. Motorcyclists must be even more careful to observe the rules of the road and guidelines for safe travel, as the potential for debilitating or fatal incidents is much greater on a motorcycle than in a car. If your weekend plans take you to recreational areas around Colorado, be especially conscious of the restrictions on open fires, smoking and chain saw operation imposed because of the severe drought we're facing. A careless spark from a discarded cigarette or unattended barbecue grill could destroy thousands of acres of forest, burn down homes and kill animals or people.

I encourage each of you to make the most of the Memorial Day weekend and the summer ahead. Take time to recreate with your families and friends — and above all else, keep safety first in all you do.

Mission first ... people always ... one team.
Bayonet!

Maj. Gen. Charles Campbell
Commanding General.
7th Infantry Division and Fort Carson

Reflecting on Memorial Day ...

Not just a day off — put 'memorial' back in Memorial Day

by Staff Sgt. Marcia Triggs
Armed Forces News Service

This Memorial Day at 3 p.m. the president wants the nation to take a moment and remember the men and women who died while serving their country.

When I first heard the request, I said to myself, "I hope I don't forget." Then almost immediately, I became shameful for not realizing that it's my duty as a soldier to remember my fallen comrades.

There are too many of us out there who have Memorial Day circled on the calendar as a way to remember May's four-day weekend, instead of as a day of recognition and memorializing.

I'm speaking out against this disgraceful act because as a journalist, I've unsuccessfully tried holding back too many tears while covering Sept. 11 memorials. President George W. Bush wants us to put "memorial" back in Memorial Day, and spend a minute paying tribute to people who will never be forgotten in the hearts of the children, spouses and parents they left behind.

The nation officially started celebrating Memorial Day in May 1868. In the beginning, it was proclaimed to be a day for decorating the graves of the Civil War dead. Since the Civil War, the United States has fought in seven wars, including the War on Terrorism,

according to a statistical summary of America's major wars. In those wars, more than a half million men and women in uniform have lost their lives, the summary states.

Not all of the deaths occurred on the front lines, with people engaged in direct conflict with the enemy. But just knowing the freedoms I treasure so much came at the price of their lives is enough to make me want to whisper a silent thank you.

Commanding officers servicewide will be encouraging their troops to take one minute to simultaneously pause in an act of national unity. The minute of reflecting on fallen heroes is not to replace regular scheduled Memorial

Day activities, officials said, but to highlight the purpose of the 134-year-old tradition.

Installation radio and television stations are encouraged to announce the moment and then play Taps, and those driving at the time should turn on their headlights.

When the day was first observed, people were discouraged from having picnics and other forms of public entertainment. Supporters for Memorial Day worked to keep the day a solemn occasion.

I'm not going to spend the day grieving. Instead, I'm going to bask, knowing that I meant enough to someone that they died for me to be free.

DOD identifies soldier killed in Afghanistan

The Department of Defense identified today the Special Forces soldier killed in action in Afghanistan yesterday. Sgt. Gene Arden Vance Jr., 38, of Morgantown, W.Va., a member of the 19th Special Forces Group of the West Virginia National Guard, was killed when his unit came under attack from hostile forces.

"Sergeant Vance's death reminds us of the sacrifices being made, every day, by the dedicated men and women of our armed forces," said Assistant Secretary of Defense Victoria Clarke. "His death, as well as his dedicated service, strengthens our resolve in pursuit of terrorists, terrorist networks and those who harbor and support them," she said.

MOUNTAINEER
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News

USAREUR changes driver's license policy in Germany

Army News Service

HEIDELBERG, Germany —

Soldiers and civilians arriving in Germany can no longer use a military driver's license as the basis for obtaining a license to drive a privately owned vehicle.

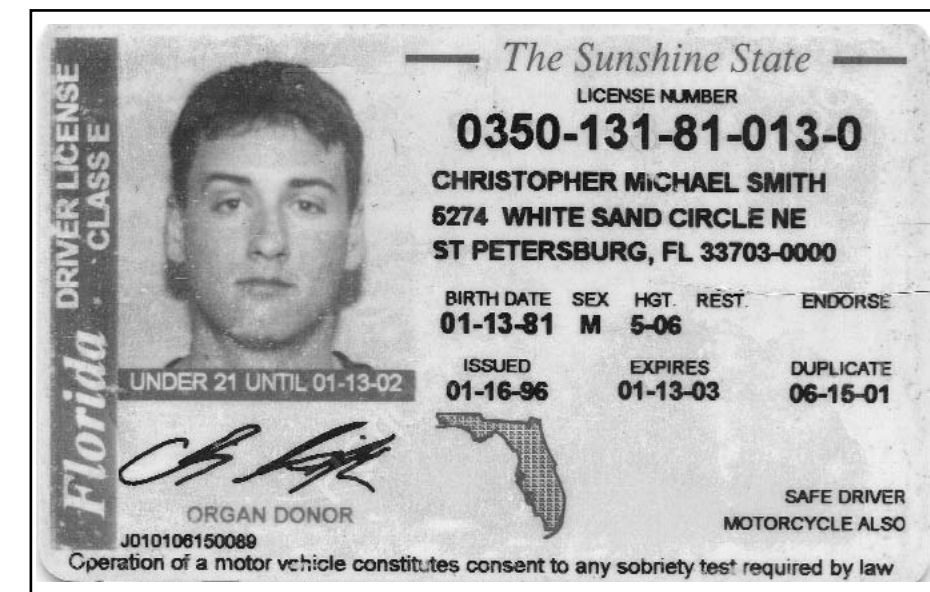
Drivers must now possess a valid U.S. state driver's license or country license in order to obtain a U.S. Forces POV Certificate of License and operate a private auto off post, according to officials at the U.S. Army Europe Office of the Provost Marshal.

The rules for registering and driving private vehicles in Germany were updated for the second time this year April 17, said Tom Lorenzini, registrar at the U.S. Forces Vehicle Registry.

"The changes became necessary to clarify certain procedures and implement safety and security initiatives," Lorenzini said.

Lorenzini described the three major changes affecting U.S. vehicle owners and drivers in USAREUR:

1. Individuals will no longer be permitted to use a military license (OF 346) in lieu of a valid state or country



license to obtain a U.S. Forces Privately Owned Vehicle Certificate of License for any class. Lorenzini said this procedure was cancelled on the recommendation of the USAREUR Safety Targeting Board in order to reduce accidents caused by drivers who are too inexperienced to master driving in Germany. The USAREUR policy is now in line with the other Department of Defense components, who also

require servicemembers to have either a stateside or host nation civilian license to operate POVs outside U.S. installations.

2. The Alcohol and Drug Abuse Prevention and Control Program has been renamed by the Army and Air Force. The Army's new name is Army Substance Abuse Program and the Air Forces' new name is Alcohol Drug Abuse Prevention and Treatment.

Individuals who commit an alcohol-related driving offense must complete one of these programs to get their U.S. Forces Privately Owned Vehicle Certificate of License returned.

3. Individuals with a record of three alcohol-related driving offenses will be prohibited from ever obtaining a U.S. Forces Privately Owned Vehicle Certificate of License.

USAREUR Regulation 190-1, USNAVEUR Instruction 11240.6L or USAFE Instruction 31-202, Registering and Operating Privately Owned Motor Vehicles in Germany, prescribes policy and procedures for licensing POV drivers and registering POVs in Germany under the Supplementary Agreement to the NATO Status of Forces Agreement. Servicemembers, civilian employees and family members in Germany who are authorized a U.S. Forces Certificate of License and POV registration are covered by this regulation. More information can be obtained from the USAREUR Vehicle Registration hotline on DSN 386-7271 or online at <http://rmv.hqusareur.army.mil>.

New system to replace SIDPERS3

Electronic military personnel office to save soldiers' time

Army News Service

WASHINGTON — The Army's new electronic military personnel office, eMILPO, will greatly improve basic personnel actions and save soldiers' time, officials said, when it goes online later this year.

Current plans call for eMILPO to be implemented in December as the next major step for Army personnel transformation.

It's part of an ongoing effort by the Army personnel community to consistently seek ways to improve basic accounting and business practices for soldiers worldwide, said a Personnel Command official.

First, there were morning reports prepared by first sergeants. Soldiers in line to get paid were a common practice in the Army in the 1980s.

Then came several versions of the Standard Installation Division Personnel System, known as SIDPERS. Permanent change-of-station departure and arrival transactions are examples of how SIDPERS "tracks" soldiers today.

"The problem with SIDPERS however, is that it has slipped behind and is no longer an efficient way to manage soldiers," said Col. Howard Olsen, a career adjutant general officer and commander of the Enlisted Records and Evaluation Center in Indianapolis.

eMILPO is a Web-based system and will require little training.

It is an interim step however, toward a much larger, multi-service, integrated personnel and pay management system called DIMHRS. The Defense Integrated Military Human Resources System will be driven primarily by PeopleSoft8, a pure Internet commercial-off-the-shelf software.

Paula Davis, director of the Army DIMHRS Office, said the Army will be the first service to implement the DOD program in the third quarter of 2004.

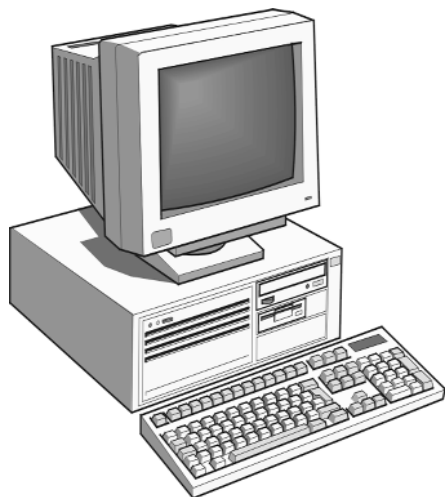
"It will revolutionize how the Army does personnel and pay business," she said. "Soldiers will get online for both personnel and pay services instead of getting inline at separate offices."

DIMHRS builds upon eMILPO with an integrated personnel and pay system that creates a common database for all military services, Davis said.

Some of the key personnel functions eMILPO will improve are updates to the DOD Form 93, reassignments, promotion transactions, manning reports, DEERS and personnel accountability, according to Doug Ruggiero, U.S. Army Personnel Command.

"It will put the "p" back in personnel because the eMILPO learning curve is expected to be only 30 minutes," Ruggiero said. "It's going to really improve the personnel business for everyone."

Editor's note: Information provided by Lt. Col. Stan Heath, U.S. Army Personnel Command public affairs officer.



Vets meet public on Armed Forces Day

by Sgt. Brett McMillan

Army News Service

ANDREWS AIR FORCE BASE, Md. — A number of Operation Enduring Freedom veterans who recently returned from Afghanistan helped the public celebrate Armed Forces Day.

Soldiers from the 10th Mountain Division and 5th Special Forces Group joined others here for the Joint Services Open House May 17 and 18.

Since 1950, the nation has celebrated the third Saturday in May as Armed Forces Day to recognize servicemembers and their devotion to duty. In this year's opening ceremony, Secretary of Defense Donald H. Rumsfeld said it is "a day to remind all Americans of the military members' contributions in guarding and maintaining the liberties we cherish. The past year has tested their skills and abilities as America and its allies wage a war on terrorism that we did not seek, but will not lose."

Open house highlights included parachute demonstrations by the Army's Golden Knights and the 82nd Airborne Division from Fort Bragg, N.C., as well as flight demonstrations by the Navy's Blue Angels and Air Force F-16 Fighting Falcon teams and Marine Corps' AV-8B Harrier jets. Ground displays also represented various units from all services, including the Army Reserve and National Guard.

Chief Warrant Officer 3 Michael Hardy, a Black Hawk helicopter pilot from the 160th Special Operations Aviation Regiment, said the open house was a good way to introduce the public to the military. Standing beside his aircraft, Hardy said the movie "Black Hawk Down" had people asking questions about how his MH60K is different from the one in the movie. "The part I enjoy most about the open house is the kids coming out. They get pretty excited about getting to sit inside a Black Hawk."

Military

Oregon National Guard soldiers take to water for drown proofing

by Sgt. Rebekah-mae N. Bruns
1st Battalion, 186th Infantry
Oregon National Guard

“You never know what could happen,” said Spc. Chris Markesino. “You could be flying (over the Red Sea) to an observation point and the helicopter crashes.”

With that in mind, Markesino, along with the rest of the 1st Battalion, 186th Infantry, began specialized

training known as drown proofing for their upcoming mission in the Sinai Peninsula.

Drown proofing, otherwise known as water survival, can sometimes be confusing to individuals who have never heard the terminology before.

Sgt. Garnet McIver, an infantryman scout in Headquarters and Headquarters Company, 1st Bn., 186th Inf., was a private the first time he learned of drown proofing.

“I thought they were going to try to drown us to cure our fear of water,” said McIver.

Despite many misconceptions, drown proofing is not an endeavor to drown soldiers but instead an effort to build water confidence and competence.

“It’s one way to prevent you from drowning,” said Spc. Albert Howe, a mail clerk, 1st Bn., 186th Inf.

Understanding the potential danger in future operations, drown proofing/water survival took on new form and special operations adopted the measures as part of their training.

Soldiers of the regular army complete a milder but just as valuable drown proofing course. The requirements include swimming the length of a pool, getting back in BDUs and and



Photo by Sgt. Rebekah-mae N. Bruns

Sgt. Rayen Demars uses his BDU pants as a flotation device during training for drown proofing.

using BDUs as a flotation device.

Spc. Mike Murphey, a communications specialist, found swimming in BDUs to be far more difficult and restrictive than commonly preferred swim trunks.

“I’m not used to swimming with clothes on,” said Curphy. “Nothing moves freely in BDUs.”

Despite the discomfort of having to swim in BDUs, soldiers from 1st Bn., 186th Inf., found the training to be highly beneficial.

Staff Sgt. Joseph Bongcayao, an infantryman scout, thought drown proofing would be advantageous for river crossing as well as other water operations.

“I learned how to prepare for a real-world situation,” said Bongcayao. “I didn’t know you could use your pants for a flotation device – that’s cool.”

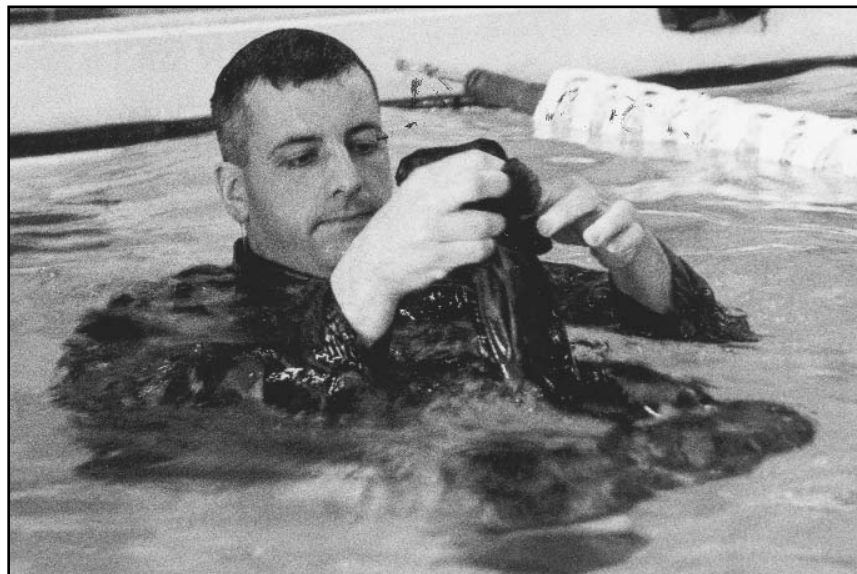


Photo by Sgt. Rebekah-mae N. Bruns

Spc. Larry Robera ties a square knot in his BDU pants in preparation for flotation use.

Military Briefs

Programs, Classes & Workshops

Effective immediately, all organizations will use the United States Postal Service standardized addresses with ZIP plus four assignments. Use is mandatory for both return and delivery addresses. New building signs with new street addresses will be constructed in the future. Please note that not all street addresses will match building numbers. Additionally, change of addresses will not delay your mail service. The following is an example of the format for an official mail return address.

Department of the Army
Directorate of Public Works
ATTN: Housing Division
5050 Tevis St. Bldg 305
Fort Carson, Co. 80913-4001

Soldiers and civilians are reminded that the former landfill site located south of O'Connell Boulevard between the U.S. Army Reserve Center Equipment concentration Site number 42 and the Military Police K-9 Kennels, building 8998, is off limits to pedestrian and vehicle traffic. For more information call 526-8001.

Representatives from the Forces Command Inspector General's Office will visit Fort Carson Tuesday to Thursday to conduct a staff assistance visit. They will conduct complaint sessions Tuesday from 3:30 to 5 p.m. and Wednesday from 11:30 a.m. to 12:30 p.m. at the Fort Carson Grant Library conference room, building 1528. These complaint sessions will be open to both military and civilian personnel who may wish to lodge a complaint with the FORSCOM IG. For more information contact Bob Gwynn at 526-9483.

Effective immediately, soldiers who are scheduled to attend Special Forces Assessment and Selection training will not have orders deleted, deferred or be otherwise prevented from attending the scheduled training. Any requests for exception to this requirement must be endorsed by the first general officer in the soldier's chain of command. Soldiers who volunteer for SFAS prior to receipt of assignment notification will be deferred to allow for SFAS attendance. Assignment of SFAS graduates to the Special Forces Qualification Course will take precedence over any assignment conflict. For information, call (703) 325-2450.

The Army is looking for soldiers to serve on attache duty. The U.S. Army Attache Management Division is seeking active duty enlisted soldiers in the grades of E-4(P) to E-8 to serve in the Defense Attache System as operations noncommissioned officers. Operations NCOs serve as soldier-diplomats at Defense Attache Offices located in U.S. embassies in more than 100 countries worldwide.

NCOs considering an attache assignment must be on active duty, qualify for a top secret security clearance, have a GT score of 115 or higher, a CL score of 120 or higher, type 40 words a minute and possess at least some computer skills. Soldiers must also score 100 or higher on the Defense Language Aptitude Battery. All family members must be U.S. citizens and meet medical standards for the country of assignment. For more information, contact Sgt. 1st Class Jeff Williams at (301) 677-2134 Ext. 2633, DSN 622-2134, Ext. 2633, or via e-mail at jeff.williams@us.army.mil.

Hours of Operation

Better Opportunities for Single Soldiers



BOSS Executive Council meets the first Wednesday of each month at 10 a.m. at the Post Physical Fitness Center, building 1829. The post BOSS meeting, for BOSS representatives, meets the second Thursday of each month at Christopher's from 1 to 3 p.m. For information, call 524-BOSS.

The 3rd Cavalry Museum will be open to the public from 9 a.m. to 4:30 p.m. Tuesdays through Fridays until further notice. The museum will be closed Mondays and federal holidays, except Memorial and Veterans Days. Group tours and individual visits from civilians without a valid government identification card can be arranged by contacting the museum, 526-1404 or 526-2028, within 24 hours of the planned visit. The museum staff apologizes for any inconveniences the schedule may create.

The 4th Personnel Services Battalion will have minimum staffing June 4 from 9 a.m. to 1 p.m. as it prepares for its inactivation. The 4th PSB will be closed June 5 for the battalion inactivation ceremony at Manhart Field. For more information, contact Staff Sgt. Batiste at 526-1907.

The Information, Tickets and Registration office has moved — ITR is now located in the Outdoor Recreation Complex, building 2429 on Specker Avenue. The staffs of the ITR Office and the ORC Information Desk are being combined in an effort to better serve customers. Hours of operation are Tuesdays through Saturdays, 10 a.m. to 5:30 p.m. For information, call 526-2083 or 526-5366.

For official travel services, Carlson-Wagonlit Travel, in building 1012 on Long Street, is open Mondays through Fridays from 7:30 a.m. to 4 p.m., and until 3 p.m. on training holidays.

Travelers are reminded to bring three copies of travel orders when picking up tickets for official travel. Soldiers and family members must have one original and one copy of their "travelopes" and three copies of each order, to include amendments, for overseas permanent changes of station. If you cannot pick up your tickets in person, you can fax a copy of orders to 526-1142 or 576-5262 for issuance of an E-ticket.

Please call 576-5188 to confirm receipt of faxed orders. Tickets will not be issued without orders. If you do not use your ticket, you must bring it and two copies of your orders. If you were issued an E-ticket and did not travel, you still must bring in two copies of orders to process a refund for the unused ticket.

Central Issue Facility hours of operation are:
Regular business hours: Mondays, Tuesdays, Wednesdays and Fridays from 7:30 to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays 7:30 to 10:30 a.m.
Initial Issue/Partial Issue/DX: Mondays, Tuesdays, Wednesdays and Fridays from 7:30 a.m. to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays: 7:30 to 10:30 a.m.
Partial Turn-Ins: Mondays, Tuesdays, Wednesdays and Fridays from 11:30 a.m. to 3 p.m. *All Full Turn-Ins* require an appointment. Please call 524-2006 or 526-2729 to schedule an appointment. For questions, call Stacey Sly at 526-5512.

Provost Marshal Office will no longer be in- or out-processing soldiers from 11:30 a.m. to 1 p.m. due to the low number of soldiers serviced during that time. Normal operation hours are 9:30 to 11:30 a.m. and 1 to 4 p.m. Mondays through Fridays. Soldiers requiring any type of emergency clearing will continue to be assisted during that time. For information, call Staff Sgt. Alfred C. Kirk at 526-8289.

Briefings

ETS/Transition briefing schedule — In order for soldiers to receive their ETS orders, the soldier must attend an ETS briefing. Soldiers may sign in at 7:15 a.m. and the briefing begins at 7:30 a.m. in building 1118, room 317. The briefings are scheduled on the following dates: June 5 and June 19. More dates to follow as the date for those briefings nears. For more information, call the Transition Center at 526-2240/4298.

eArmyU briefings will be conducted at the Mountain Post Education Center, bldg. 1117, room 223, Tuesdays at 9 and 11:30 a.m.

Soldiers interested in participating in eArmyU must attend a briefing before being considered for enrollment. eArmyU is the Army's educational initiative designed to offer eligible enlisted soldiers the opportunity to work toward a college degree or certificate anytime anywhere.

Soldiers are offered access to some of the nation's finest accredited colleges, universities and technical schools. Eligible soldiers receive 100 percent funding for tuition, books and course fees, plus a technology package, which includes a laptop computer, printer, internet service provider account, e-mail account and technology support.

For information, call Virginia Frazier at 526-5533, Ursula Miller at 526-4104 or Bill Unger at 526-4125.

Billets off-limits to visitors

Due to the current situation, there are to be no visitors — civilians or family members — in the billets until further notice from the commanding general, according to Command Sgt. Maj. Everette Coppock, Fort Carson and 7th Infantry Division command sergeant major.

The Commanding General's Newcomers' Brief

is the third Wednesday of each month at 1 p.m. at McMahon Theater. However, the May brief will be Wednesday.

The following are the dates for the upcoming briefings: June 19, July 17, Aug. 21, Sept. 18, Oct. 16, Nov. 20 and Dec. 18.

Changes of Command

The 759th Military Police Battalion will conduct a change of command ceremony May 29 at Manhart Field. Lt. Col. Gregory G. Kapral will relinquish command to Lt. Col. Byron A. Freeman.

The 3rd Armored Cavalry Regiment is holding a regimental command sergeant major retirement and change of responsibility ceremony today at 10 a.m. at Butts Army Airfield.

Miscellaneous

Company H, 5th Battalion, 19th Special Forces Group invites all former members to a reunion Sept. 14 thru 15 in Denver.

Those interested should contact cohthbn@aol.com or Co. H / 5th Bn. Reunion, PO Box 31512, Aurora, CO 80012.

The Colorado Springs Sky Sox are holding a military appreciation night May 29.

Tickets are free to military personnel and their families. They can be picked up at the Fort Carson ITR Office, building 2429. The start time for the game is at 7:05 p.m.

The gates will open at 6 p.m. Parking is \$4, hot dogs are \$1, draft beer and other refreshments will also be available.

For more information or tickets, call ITR at 526-5366.

A Volksmarch is being held June 8 at Turkey Creek Recreation Area.

The march will be 12 kilometers and the cost will be \$5 per participant. Food and a medal for participation will be provided. Proceeds from the event will go to Operation Helping Hand.

For more information, call Staff Sgt. Daniel Levy at 526-9431.

Fort Carson has recently formed the "Mountain Post Team Military Intelligence Corps Association Chapter." MICA was formed as a worldwide Military Intelligence professional organization to band together intelligence professionals in a forum to share ideas, experiences and to continually improve our profession. The Mountain Post Team chapter had elections of officers at the Wednesday meeting.

The intent of the chapter is to provide a common forum for our MI community to interact, concentrating on professional development forums, new systems developments, integrating the extended Mountain Post family to include 7th Infantry Division SIDE units and local intelligence professionals from the Colorado Springs area.

The plan is a quarterly seminar/luncheon that will be open to all MI soldiers, retirees and association members. Additionally, each year in concert with the G2/S2 conference, MICA will host a social and recognize soldiers, retirees and MI professionals with the Thomas Knowlton Award. Contact Lt. Col. Patrick Walsh at 524-1959 for more information. Military personnel using herbicides on Fort Carson need to be certified to continue use. According to AR 200-5, Pest Management, only certified operators may apply pesticides on military installations. The Directorate for Environmental Compliance and Management has developed and received approval for a program that allows military personnel to receive the necessary training. Each unit is allowed a maximum of five people for training. Training sessions begin Tuesday.

For more information or to schedule training, call Bob Stone, pest management coordinator, at 526-5141.

Editor's note: The deadline for submitting "Briefs" to the Mountaineer is 5 p.m. Friday before publication.

Greenback

Thrift Savings Plan provides variety of withdrawal options



Jang

by **Capt. Ho Jang**
4th Finance Battalion

When you leave federal service, your agency must give you a withdrawal package which includes TSP withdrawal forms and the booklet "Withdrawing Your TSP Account." The booklet describes your TSP withdrawal options and the procedures for withdrawing your

account. Your agency must also provide you with a copy of the notice "Important Tax Information About Payments From Your TSP Account."

If you have left federal service, call or write the TSP Service Office for these materials. It is important that you read these materials before you choose a withdrawal option.

You must be separated for 31 or more full calendar days to be eligible to withdraw your account.

After your account has been disbursed, you cannot change your request. (However, if you are receiving a series of monthly payments, you can request at any time to have the balance of your account paid out in a single payment, or change where your payments are sent.)

What are my TSP withdrawal options?

The TSP provides three basic ways to withdraw your account:

1. Have the TSP purchase a life annuity for you. You have a choice of many different annuities.
2. Receive your account in a single payment.
3. Receive your account in a series of monthly payments. You have a choice as to how your payments will be calculated. You can choose to receive payments for a fixed number of months or in a fixed dollar amount until your account is depleted. You can also have the TSP compute monthly payments for you based on an Internal Revenue Service life expectancy table.

You can have the TSP transfer all or part of a single payment or, in some cases, a series of monthly payments, to an Individual Retirement Account or other eligible retirement plan. An eligible retirement plan is one of the following: a tax-qualified employee benefit plan, an individual retirement account, an individual retirement annuity, or an annuity plan described in section 403(a) of the Internal Revenue Code. The IRA or plan must be established in the United States (that is, in one of the 50 states or the District of Columbia). (Note: You cannot transfer or roll over your account into a Roth IRA, which became available Jan. 1, 1998.)

You can have your payment(s) begin immediately or at a later date. Tax penalties may apply if you separate or retire before the year in which you turn 55 and withdraw funds before age 59 and a half. Also, there are limits on how long you can leave your

First National Guard Army Space Support Team Deploys

by Capt. Laura Kenney
U.S. Army Space Command

A tightly-knit small team of National Guard Space operators deployed Wednesday on a mission to replace a similar team in Kuwait. This rotational deployment is significant for both the National Guard and Army Space Command, as this movement of an Army Space Support Team from the 193rd Space Support Battalion is a first for the reserve component.

This element of the 193rd — part of the Colorado Army National Guard — mobilized along with much of its parent battalion Jan. 7 for Operation Enduring Freedom. It will replace an active component unit from 1st Space Battalion of Army Space Command, continuing the mission of providing space expertise and access to space assets in support of the global war on terrorism.

“This deployment demonstrates and builds upon the importance of the active component and the National Guard team in winning our nation’s wars. While American history is full of examples of such teamwork, today’s deployment is historic for us because it is the first time ever that we’ve deployed a National Guard Army Space Support Team,” said Brig. Gen. Richard V. Geraci, speaker at a deployment ceremony.

Geraci is the deputy commanding general for Operations, U.S. Army Space and Missile Defense Command, and deputy commanding general, U.S. Army Space Command.

“Since their activation, the teamwork between the Active and National

Guard Space Operators has been absolutely impressive. Together, they are improving training, establishing new doctrine and developing new tactics, techniques, and procedures.

“I am confident that the hand-off and rotation between units will be transparent to the senior leadership, a testimony to this team’s prior military experience and space operations training, ensuring that the standard for excellence will be maintained,” Geraci said.

The adjutant general for the State of Colorado, Air Force Maj. Gen. Mason C. Whitney, and the commander of Colorado’s Army National Guard, Brig. Gen. Ronald G. Crowder, attended the farewell ceremony.

The deploying team’s mission revolves around integrating satellite-enhanced capabilities into daily military operations. The areas of communication, navigation, intelligence, surveillance, reconnaissance, environmental monitoring and missile warning operations are improved exponentially with the assistance of satellites.

Geraci stressed the importance of family support during a deployment.

“I have talked about these soldiers, but their families are no less important. Their support is very important and, often times, it is harder handling family matters back home than it is for the soldiers performing the deployed mission, he said.

“I want the families of deployed members to remember that you are not alone. The soldiers and the other families in the battalion’s family readiness group are here to support each other



Photo by Capt. Laura Kenney

1st Lt. Angie Tofflemeyer kisses her 22-month-old daughter Rachel during a farewell ceremony prior to her deployment in support of Operation Enduring Freedom.

and to support you. The Army truly takes care of its own,” said Geraci.

Staff Sgt. James K. Dunlap Jr., said, “I’ve deployed before, but it was as a single soldier. It goes without saying that I’ll miss my wife, but we’ll stay in touch through e-mails and phone calls. This is a job I signed up to do.”

Dunlap is the topographic systems NCO for the team.

His wife Kathy Dunlap said, “We’re newlyweds, so this is going to be a bit tough. But I’m former military myself, Navy, so I know how this goes.

“This’ll be (laughing) a chance for me to get back in shape and surprise him on his return. And I’ll keep busy, between working and dozens of projects. I know the Family Support

Group will be there for me too,” said Dunlap.

Another family member, Melissa Nowak was a bit more stoic, perhaps because she’s a doctor of psychology and a Reserve military officer. Her husband, Maj. Mathew Nowak, is chief of the Army space team.

“This is a necessary thing, something we need to do. I’ll miss my best friend — the longest we’ve been apart in our mutual careers has been four months — but we’ll survive. I’ll keep busy chasing after our two-year-old daughter Leah,” said Nowak.

Sgt. 1st Class Howard S. Caraway II, Team NCO in charge and the satellite communications NCO, said, “I’ve

See Deployment, Page 10

Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

43rd ASG Cheyenne Mountain Inn (building 1040)
3rd BCT Iron Bde. (building 2061)
3d ACR CAV House (building 2461)
3rd ACR Butts Army Airfield (building 9612)

Standard Facilities

10th Special Forces Group (A) (building 7481)

Weekday Meal Hours

Mon., Tues., Wed. and Fri.	Thur.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

Week of May 25 - May 31

Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- Cheyenne Mountain Inn breakfast hours are 7 to 9 a.m. on Monday, Tuesday, Wednesday and Friday.
- 10th SFG (A) meal hours are the same Monday through Friday. It serves no dinner meal on Fridays.
- Cheyenne Mountain Inn and CAV are closed May 24 through 27.

Saturday, Sunday and Training Holiday Dining Facilities

3rd BCT Iron Bde. (building 2061)

Saturday, Sunday and Training Holiday Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3 to 5 p.m.

The Fort Carson dining facilities extend a cordial Memorial Day Holiday greeting to all our soldiers, sailors, airmen and Marines.

Greenback

From Page 7

money in the TSP.

If you are a FERS employee and you have not met the TSP vesting requirements when you leave federal service, you are not entitled to the Agency Automatic (one percent) contributions in your TSP account (or their earnings). This money will be forfeited to the TSP.

If your vested account balance is less than \$5, it will be forfeited to the TSP automatically unless you request payment.

How long can I leave my money in the TSP?

If you do not want to withdraw your account when you leave federal service, you can leave your entire account balance in the TSP. However, you must withdraw your entire balance in a single payment or begin receiving monthly payments from the TSP or from the TSP annuity vendor by April 1 of the year following the year you turn 70 and a half (or separate, if you are already over age 70 and a half when you leave Federal service). At the time you make an election, you can choose an immediate withdrawal or an option with a future payment date. However, if you choose a future payment date, your withdrawal must occur or you must begin receiving monthly payments

(from the TSP or from the annuity vendor) by April 1 of the year following the year you turn 70 and a half. If you do not make a withdrawal election by the required deadline or do not provide the necessary information for the TSP to purchase an annuity for you (and your spouse, if applicable), your account will be declared abandoned. You may later reclaim your account and make an appropriate election; however, you will receive no earnings from the date your account was declared abandoned.

How do I request a withdrawal of my TSP account?

Complete a Withdrawal Request (Form TSP-70) to specify which TSP withdrawal option you want and when you want your withdrawal to take place. If you want to transfer all or a portion of your account to an IRA or other eligible retirement plan, you and the financial institution will also need to complete Form TSP-70-T, Transfer Information, which is attached to Form TSP-70.

Send your forms to the TSP Service Office at the address on the forms. Do not submit your Withdrawal Request before the date that you separate from service, and do not submit it to your agency. Only the TSP Service Office can process your Withdrawal Request. After you have left Federal service, the TSP Service Office will be your primary contact for information about your account and about withdrawal pro-

cedures.

Your agency payroll office must report your separation and its effective date to the TSP record keeper before your withdrawal can be processed. It usually takes several weeks for agencies to send separation data to the record keeper.

How long does it take to make a withdrawal?

You should anticipate that there will be up to four weeks between the time that all required forms and information are submitted by you and your agency and the time that payment is mailed to you. You may check on the status of your disbursement on the Thriftline or the Account Access section of the TSP Web site.

The TSP record keeper disburses withdrawals once a month. The month in which your withdrawal is made depends on when the record keeper receives your completed forms and the separation information from your agency to approve your withdrawal. Your withdrawal must be approved by the 4th business day of the month in order to be paid in that month.

Under certain conditions, the TSP reserves the right to postpone processing of a withdrawal when the Withdrawal Request is received after the end of a month (but before the monthly processing cycle).

Deployment

From Page 8

got 17 years in Special Forces Intelligence work, so this is nothing new for me. My wife and I have been through many separations, so this is old hat for her. We're just happy that we should be back together for the

holidays."

1st Lt. Angie Tofflemeyer, the team's intelligence officer, said she's been preparing in all the practical ways for months.

"I've been making sure all the finances and medical scenarios are in order. My sister-in-law will be moving into our house to take care of our 22-

month-old daughter, since my husband is an Army helicopter pilot who will be involved in a lot of training this summer. So I've made all the practical arrangements I can. The only thing you can't really prepare for is that goodbye at the airport."

Also deploying was Capt. Jason Held and Staff Sgt. David Garbus.

Held is the operations officer. Garbus is the Information System NCO.

Geraci wished the deploying soldiers and their families the best, saying: "You represent what is so great about our country — selfless service, personal pride, and the will to succeed. I am proud to be serving with you."

Military Briefs

The commanding general's Newcomers' Briefing has been changed to the third Wednesday of each month. The briefing is conducted at McMahon Theater from 1:15 to 4 p.m.

The Equal Employment Opportunity Office is offering a new class for civilian employees Jan. 24 entitled "EEO is for Everyone." This class covers many of the topics that are of vital concern to both supervisors and employees. The class will discuss EEO complaint processing and dispel many misconceptions. Also, on showcase are the dynamic training and mediation programs. Other programs will be discussed to include affirmative action and disability awareness. EEO classes are conducted from 1 to 4 p.m. in the Cedar Room at the Family Readiness Building. Because seating is limited for this class, priority will go to Fort Carson Appropriated fund/Non appropriated fund employees. Registration should have already been completed for this class and participants will be notified prior to the class if their registration has been approved. For more information, contact your training coordinator, or call EEO at 526-4413.

The Army Career and Alumni Program is offering an Information Workshop Feb. 7 for the U.S. Department of Labor, National Apprenticeship Program. The workshop will be from 12:45 to 2 p.m. in the ACAP classroom, building 1219. To attend the workshop sign up at ACAP. For more information, call 526-1002 or 526-0640.

Claims against the Estate of ...

With deepest regrets to the family of Staff Sgt. Shannon D. Jorgenson, deceased. Anyone having claims or indebtedness to his estate should contact 2nd Lt. Christopher Gibbons at 526-3124.

Effective immediately, soldiers scheduled to attend Special Forces Assessment and Selection training will not be deleted, deferred or otherwise prevented from attending the scheduled training. Any requests for exception to this requirement must be endorsed by the first general officer in the soldier's chain of command. Soldiers who volunteer for SFAS prior to receipt of assignment notification will be deferred to allow for SFAS attendance. Assignment of SFAS graduates to the Special Forces Qualification Course will take precedence over any assignment conflict. For more information, call (703) 325-2450.

Army Career and Alumni Program is hosting a job fair Feb. 8, in building 1219, from 10 a.m. to 2 p.m. About 35 employers will be on hand to answer questions. For more information, call ACAP at 526-1002 or 526-0640.

A Service Corps of Retired Executives Seminar will be held Feb. 21 in building 1118, room 182, from 8 a.m. to noon. Registration is at the Army Career and Alumni Program Career Center. Anyone interested should be registered by close of business Feb. 20.



Better Opportunities for Single Soldiers

BOSS Executive Council meets the first Wednesday of each month at 10 a.m. at the Post Physical Fitness Center, building 1829. The post BOSS meeting, for BOSS representatives, meets the second Thursday of each month at Christopher's from 1 to 3 p.m. For information, call 524-BOSS.

Billets off-limits to visitors

Due to the current situation, there are to be no visitors — civilians or family members — in the billets until further notice from the commanding general, according to Command Sgt. Maj. George Ponder, Fort Carson and 7th Infantry Division command sergeant major.

There will be a \$15 fee for the SCORE Packet.

The Army is looking for soldiers to serve on attache duty. The U.S. Army Attache Management Division is seeking active duty enlisted soldiers in the grades of E-4(P) to E-8 to serve in the Defense Attache System as operations noncommissioned officers. Operations NCOs serve as soldier-diplomats at Defense Attache Offices located in U.S. embassies in more than 100 countries worldwide. NCOs considering an attache assignment must be on active duty, qualify for a top secret security clearance, have a GT score of 115 or higher, a CL score of 120 or higher, type 40 words a minute and possess at least some computer skills. Soldiers must also score 100 or higher on the Defense Language Aptitude Battery. All family members must be U.S. citizens and meet medical standards for the country of assignment. For more information, contact Sgt. 1st Class Jeff Williams at (301) 677-2134 ext. 2633, DSN 622-2134, Ext. 2633, or via e-mail at jeff.williams@us.army.mil.

The CID is recruiting for new special agents. Hard-working soldiers interested in conducting felony-level criminal investigations and able to meet the prerequisites should apply. Some of the prerequisites are:

- Be a U.S. citizen
- Be of suitable character and able to obtain a top secret clearance
- No record of mental or emotional disorders
- No history of unsatisfactory credit
- No convictions by civilian or military courts
- Minimum age of 21 years
- Minimum of two years military service
- Minimum GT score of 110
- Minimum of 60 semester hours of college
- At least six months of military police or one year civilian police experience. (If all other prerequisites are met and if a soldier's unit commander is willing, soldiers can achieve the police experience prerequisites by completing a six-month internship with CID as an attached soldier.)

Soldiers interested in applying should e-mail Special Agent David Schumann at David.Schumann@carson.army.mil for information and instructions on the application procedures.

A "Troops to Teacher" adviser is available at the Mountain Post Training and Education Center, building 1117, room 321, Fridays from 11:30 a.m. to 1 p.m. Troops to Teachers was created in 1994 to help departing servicemembers obtain a second career in teaching during the downsizing. The program has placed more than 4,000 retirees in teaching positions since that time. Call Virginia Frazier at 526-5544 for more information about the program.

For official travel services, Carlson-Wagonlit Travel, in building 1012 on Long Street, is open Monday through Friday from 7:30 a.m. to 4 p.m., and until 3 p.m. on training holidays.

Travelers are reminded to bring three copies of travel orders when picking up tickets for official travel. Soldiers and family members must have one original and one copy of their "travelopes" and three copies of each order, to include amendments, for overseas permanent changes of station. If you cannot pick up your tickets in person, you can fax a copy of orders to 526-1142 or 576-5262 for issuance of an E-ticket.

Please call 576-5188 to confirm receipt of faxed orders. Tickets will not be issued without orders. If you do not use your ticket, you must bring it and two copies of your orders. If you were issued an E-ticket and did not travel, you still must bring in two copies of orders to process a refund for the unused ticket.

Hours of operation for the Central Issue Facility.

Regular business hours: Monday, Tuesday, Wednesday and Thursday 6:30 to 10:30 a.m. and 11:30 a.m. to 3 p.m., Fridays 6:30 to 10:30 a.m. Initial Issue/Partial Issue/DX: Monday, Tuesday, Wednesday and Thursday 6:30 a.m. to 10:30 a.m. and 1 to 3 p.m. Fridays: 6:30 to 10:30 a.m. Full/Partial Turn-Ins: Monday, Tuesday, Wednesday and Thursday 11:30 a.m. to 3 p.m. C/C, SOC, ROS: Monday, Tuesday, Wednesday and Thursday 11:30 a.m. to 3 p.m. For more information, call 526-6477.

The 3rd Cavalry Museum will be open to the public from 9 a.m. to 4:30 p.m. Tuesday through Friday until further notice. The museum will be closed Mondays and federal holidays, except Memorial and Veterans Days. Group tours and individual visits from civilians without a valid government identification card can be arranged with coordination through the Public Affairs Office or by contacting the museum at 526-1404 or 526-2028 24 hours in advance of the planned visit. The museum staff apologizes for any inconveniences the schedule may create.

Green to Gold Briefing: Army ROTC conducts a Green to Gold briefing every Tuesday from 11:30 a.m. to 12:30 p.m. in room 126 of the Education Center. If eligible, you may get the chance to earn a bachelor's degree and become a second lieutenant. If you have questions, contact Capt. Adam Sell at 262-3236. No appointment is necessary to attend these briefings.

Special Forces briefings are held Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at Grant Library. You can apply for SF training as an E-3, but cannot begin training until you are an E-4. For more information, call 524-1461 or 524-1462.

The American Red Cross is there in times of need. In an emergency, call (877) 272-7337 for assistance in reaching family members. Be prepared to provide the servicemember's full name, social security number, branch of service, rank and military unit. For other services and questions, call the local Red Cross chapter at 526-2311.

Soldiers are reminded to come to the Community Housing Referral and Relocation Services Office, building 7301, to update waiting list information every six months. If you are on the waiting list and haven't updated your information in the last 60 days, do so right away. It is important that housing has good contact information in order to offer you on-post housing. For information, call 526-2322.

Editor's note: The deadline for submitting "Briefs" to the Mountaineer is 5 p.m. Friday before publication date.

Sports & Leisure

The following events are scheduled at the Peterson Air Force Base fitness center:

A five-kilometer fun run is scheduled for Friday at 11:30 a.m. The cost is \$2.

A jackpot-stairmaster competition is scheduled for Wednesday inside the Mt. Cardio room from 11 a.m. to 1 p.m. Cost is \$1.

A jackpot-stairmaster competition is scheduled for Jan. 25 inside the Colorado room from 11 a.m. to 7 p.m. Cost is \$1.

Tae Kwon Do is scheduled on Tuesdays and Thursdays from 6 to 7 p.m. for ages 7 to 13 and from 7 to 8 p.m. for 14 year olds and up.

Personal trainers are available. For information, call 556-4462.

Questions about any of the above programs can be directed to the Special Programs staff at 556-1515.

Community

Mid-wives: professional health care providers at Evans

by Evans Army Community Hospital

A certified nurse-midwife is a professional health care provider, a registered nurse who has graduated from one of the advanced education programs accredited by the American College of Nurse-Midwives. Nurse-midwives must pass a national certification examination held by the ACNM's Accreditation Council prior to practicing midwifery and meet strict continuing competency requirements set by both the ACNM and local state health agencies.

Nurse-midwives work in offices, hospital clinics and birthing centers. Here at Evans Army Community Hospital there are five CNMs, all of whom hold Master's degrees in nurse-midwifery. The primary focus of nurse-midwifery evolves around providing prenatal care to essentially low risk pregnant women throughout their pregnancies. This includes labor, delivery and postpartum care. Nurse-midwives are trained in all aspects of labor and delivery, neonatal resuscitation, normal newborn care and postpartum care. They are also trained in performing thorough assessments of the annual needs of well women throughout their life span. Here at EACH, our CNMs provide full-scope midwifery care, which includes all of the above-mentioned areas.

Safe, personalized health care

Nurse-midwifery care focuses on maintaining health and encouraging women to make informed decisions about their health care. CNMs encourage their patients to make their choices known to their

care providers, and to participate fully in developing a plan of care to suit their individual needs. Numerous studies have demonstrated that women who are cared for by a nurse-midwife can expect the same level of safety as they can from a physician.

A lifetime of care

During pregnancy, the nurse-midwife regularly monitors the health of both mom and baby.

During labor, the nurse-midwife evaluates the laboring mother's progress and is there to offer both hands-on assistance and emotional support. Women can expect their nurse-midwives to listen to their needs and to involve their families to the fullest extent possible if that is their desire.

Follow-up care begins immediately after birth, as the nurse-midwife examines the newborn, provides advice on breast-feeding and infant care, and ensures that the woman maintains her health after childbirth. The CNM may also provide the 6-8 week follow-up postpartum visit, and is available for telephonic consultation should the woman have any need arise prior to her scheduled return visit.

On an annual basis, the nurse-midwife then provides yearly gynecological visits, and schedules recommended screening tests and procedures based upon age and risk factors. She also provides counseling and prescription medications for both contraception and hormone replacement therapies.

All CNMs consult with physicians for guidance

whenever a situation arises that may put a woman at risk. At EACH, there is an OB/GYN physician available for consultation 24 hours/day, seven days per week. Should a problem arise in anyone's care that requires the specialized attention of a physician, there is an immediate referral process that takes place between the nurse-midwife and the physician,

and the nurse-midwife is still available to continue to provide continuity of care in the form of emotional support and educational guidance.

A 60 year heritage

Whereas the first recorded reference to midwives can be found in the book of Genesis (35:17), nurse-midwives in the United States trace their heritage to the Frontier Nursing Service in Kentucky and the Maternity Center Association in New York City where nurse-midwives have provided care to women in rural and urban areas since the 1940s. EACH has employed the services of nurse-midwives since the

late 1980's, and the Army Nurse Corps continues to encourage Registered Nurses specializing in obstetrics, to further their training and pursue a nurse-midwifery career in the military. For further questions or comments, call Lt. Col. Altenburg at 526-7441.

The information contained in this article came from the American College of Nurse-Midwives and Altenburg, Chief of the Nurse-Midwifery Service at EACH and Women's Health Nursing Consultant to the Surgeon General.



Sky Sox baseball team to host Army appreciation night May 29

by Ann Edinger

Directorate of Community Activities

There is nothing in the summer time as American as baseball. Baseball in Colorado Springs is AAA all-American fun with the Sky Sox.

Military Appreciation Night for the Army this year is May 29, when the Colorado Springs Sky Sox will play the Salt Lake Stingers.

Opening ceremony includes "Harmony in Motion," the Fort Carson Mounted Color Guard, 3rd Battalion, 29th Field Artillery Salute Battery and the first pitch will be thrown out by a Fort Carson soldier.

Members of the Fort Carson youth center baseball/softball teams will join the Sky Sox players at their respective positions and will be introduced to the crowd.

Watch the game from the Sky Sox hot tub. Just fill out an entry form at the commissary or the ITR office to win tickets for Sky Sox Hot Tub use by you and seven guests during the May 29 game. Winner also gets a commemora-



tive T-shirt. The drawing for the hot tub winner will be held at the commissary May 28.

Specially designed camouflage uniforms, provided by 3M, will be worn for the game by the Sky Sox in honor of America's servicemen and women. The uniforms will be auctioned at a later date and proceeds will go to the Sky Sox Youth Foundation.

Tickets are free to all eligible persons and their families, thanks to a generous sponsorship by General Mills; however, tickets are required for entry into the stadium. Tickets can be picked up at the Fort Carson ITR Office, building 2429. Start time for the game is 7:05 p.m.

On May 29, the gates will open at 6 p.m. Parking fee is \$4; hot dogs are \$1; draft beer is available during this special event and admission is free with a military ticket. Don't miss out on this evening of fun. Pick up your tickets today.

For more information or tickets, call ITR at 526-5366.

AHA Heart Walk scheduled June 8

by Mountain Post Wellness Center

The Mountain Post Wellness Center invites you to come out and walk June 8 to help fight the number one killer of men and women — cardiovascular disease.

The American Heart Association's 11th Annual Heart Walk is June 8 (check-in 7 a.m., Walk and Festival 8:30 a.m. to 1 p.m.). It is a 3.1 miles noncompetitive Fund-Raising Walk that promotes the importance of regular physical activity to prevent heart disease and stroke. The race begins at the Penrose House, 1661 Mesa Ave., in the Broadmoor area. Walk through the scenic Cheyenne Canon to the base of Seven Falls and back. Maps are available at the wellness center.

Teams, units, friends, families, neighborhoods and even family dogs can step out and be part of this great event. Survivors are also encouraged to participate in the day's festivities and are recognized by complimentary caps (heart disease survivors are given red caps and stroke survivors are recognized with white caps). The suggestion donation is \$25/person. This \$25 can be part or your donation total and contributed by others sponsoring you and your walking efforts. Everyone receives a goodie bag (dogs too — suggested donation — \$5). T-shirts and prizes are awarded to individuals raising \$100 or more. All funds raised from the American Heart Walk support research, community services, and education in the Colorado area.

Why should people do this? The reasons are infinite:

- Do it because you want to start a walking/weight loss program
- Do it to take care of your own health
- Do it to decrease your personal stress level
- Contributing to others often diminishes our own stress
- Activity is a great way to increase energy and improve moods
- Do it to support a terrific organization that gives back to others
- Do it to support a friend/loved one battling heart disease
- Do it in memory of someone who you lost to a heart attack
- Do it because you're looking to make a difference for others
- Do it because you can

There are lots of ways to contribute: As a team captain, as a team member/walker, as a volunteer, as a donor, etc. For more details, contact Bridget Minihane at the Mountain Post Wellness Center at 526-4116. The wellness center can help you start a walking program. Just call 526-3887 and ask for a walking program appointment (30 min). It is free for all beneficiaries. The Mountain Post Wellness Center is here for you and your health.



*Saving the past ...***Fort Carson, Piñon host to archeological, historic resources****by Directorate of Environmental Compliance and Managment staff**

Fort Carson's and Piñon Canyon's archeological and historic resources are an integral part of our environmental program. Cultural resources include prehistoric and historic artifacts and archaeological sites, historic and ethnohistoric values, architecture and the landscapes on which these are found.

The Cultural Resources Program also coordinates with American Indian tribes to ensure their concerns are recognized. Proper management ensures sites, artifacts and records associated with our national heritage are preserved for the future.

Fort Carson's historical context spans the full range of the occupation of North America from 12,000 years ago to the acquisition of the area as an Army training site during World War II and the Cold War era. Ten American Indian tribes are documented to have lived on and used the resources on Fort Carson administered lands.

The goal of the Cultural Resources Management Program is to support mission requirements while protecting significant archeological, historic and architectural resources

and American Indian values. This policy is more than sound stewardship, it is the law. It is also part of the National Defense mission. Fort Carson is required to give thoughtful consideration to cultural resources and manage them properly.

Federal laws protect these resources on the Piñon Canyon Maneuver Site and the Fort Carson Military Reservation. Theft and vandalism of these resources are federal crimes. Protective measures ensure that Army activities do not inadvertently impact significant cultural and paleontological sites.

The Cultural Resources Management Program is responsible for 870 National Register properties in 17 National Register Districts (with nearly 50 percent of the installation surveyed). Major aspects of the program include:

- Management of 141 historic buildings and more than 5,459 archaeological sites
- Maintenance of the Regional Curation Facility
- Coordination of 750 compliance actions per year
- Consultation with 10 American Indian tribes

- Development of community outreach programs

- Environmental and mission enhancement projects

Fort Carson and the PCMS, which total 373,834 acres, contain sites and landscapes where people lived, farmed, ranched, hunted and fished. All major prehistoric and historic cultural periods recognized on the Great Plains and Rocky Mountains are represented. Sites of the Paleoindian, Archaic, Ceramic and Protohistoric periods are present, as are sites from the Fur Trade era, 19th century Hispanic and Euro-American settlements, early 20th century homesteading and ranching, and World War II and Cold War era military sites. Traditional cultural properties of significant importance to American Indian tribes are also known. The descendants of all of these people value the sites and properties for their historical, cultural, scientific and/or religious importance.

Archeological and historical sites at PCMS and Fort Carson are often intact because they have been protected from urban development, agriculture and other activities that can destroy them. The Cultural Resources

Management Plans ensure these resources are protected. Fort Carson has enacted protective measures to ensure the preservation of 105 National Register properties in mechanized training areas. The effectiveness of our program is demonstrated by the fact that cultural resource concerns have never delayed or interfered with training.

Fort Carson does not give out site location information or develop sites for public visitation. Similar cultural resources are located in the Picketwire Canyonlands where public visits can be arranged through U.S. Forest Service, Comanche National Grasslands, in La Junta.

For more information on Fort Carson cultural resources, call Randy Korgel at 526-3728.

(For the entire month of May, the Colorado Historical Society is promoting public awareness of Colorado's rich and diverse history by celebrating Archeology and Historic Preservation Month. There are more than 85 events taking place around the state. Local events include slide shows, demonstrations and lectures. Find information on this month-long celebration at www.coloradohistory.org.)

Community Events

Fort Carson

Claims against the estate of: With deepest regrets to the family of Brig. Gen. Bruce Barlow, deceased, anyone having claims against or indebtedness to his estate should contact Maj. Richard French at 526-2479.

Claims against the estate of: With deepest regrets to the family of Armond L. Pietrosanti, deceased, anyone having claims against or indebtedness to his estate should contact Capt. Brock G. Larson at 526-9102.

EEO classes offered. Have you ever been in an environment where there was an obvious lack of trust between people? Or have you had something happen to you which shattered your trust? Our training in building trust educates personnel on what trust is so that you can appreciate it, how you can develop and nurture it and even how you can rebuild it after it has been broken.

Character is a crucial quality to a successful life, both at home and at work. In this dynamic class, we discuss this intriguing subject so that anyone can understand how to build and develop it. We will examine what it is, challenges to having it, its benefits, what is known as our ethical capacity, the six pillars of character and how to use those pillars to build the bridge of character.

For more information about these EEO classes, contact the EEO at 526-4413.

Colorado Reptile Rescue will provide a three-hour course on how to handle house calls and other emergency situations involving reptile "pets" that can be, and have been, encountered in this area. Hands-on experience will be provided on how to recognize, safely catch and handle these reptiles in a variety of circumstances. For more information, directions and to register, call Jackie Harris at 748-3780.

The Retired Enlisted Association of the Fountain Valley Area, Chapter 113, invites golfers from Fountain Valley to join them for a day of golf. The annual golf tournament and fund-raiser is Monday at the Cheyenne Shadows Golf Course on Fort Carson. The cost is \$60 per person or \$240 per team. The tournament is open to all persons whether civilian, Department of Defense civilian and active or retired military. For more information call Larry at 930-7916.

The American Red Cross has many health and safety classes available including Guard Start, Adult, Child and Infant Cardiopulmonary Resuscitation, Pet First Aid and CPR, and a free Layette Program. For more information about the classes, contact Theresa Piscal at 524-1279.

The Preventive Medicine Careline has moved out of the hospital — The careline is now located on the "belt" in building 2059.

Tobacco Cessation — In 1984, more Americans lost their lives to cigarettes than died in all of World War II. You work too hard and matter too much to too many people to let your life be adversely affected by cigarettes and smokeless tobacco. Consider a tobacco-free life. If you feel like you've tried everything but are still using tobacco, you are not alone. Be encouraged.

The more times a person attempts to quit the more likely he/she will successfully quit for good. The Mountain Post Wellness Center offers a four-week personalized and comprehensive program to assist you. The tobacco cessation program is open to all active duty, family members, retirees and Department of Defense civilians and is free of charge. For more information and to sign up, call the Mountain Post Wellness Center at 526-3887.

The Pikes Peak Chapter of the American Red Cross offers many training courses throughout the Colorado Springs Community. Courses offered on military installations require a government ID card to enter the installation. For a list of current dates and times of classes being offered, call 526-2311. Registration can be done over the phone or in person at the main office, building 1526, in the Family Readiness Center.

Evans Army Community Hospital offers sports, camp and school physicals for students from kindergarten through college age starting now through September. These are only for families enrolled in TriCare Prime at Evans. To make an appointment call TriCare at 264-5000.

Around town

Reunion — Former members of Company H, 19th Special Forces Group (Airborne) or 5th Special Forces Battalion, 19th Special Forces Group (Airborne) Colorado Army National Guard, are invited to a reunion during the weekend of Sept. 14 and 15 in the Denver area. If interested, send your information to coh5then@aol.com or mail it to Co. H/5th Bn. Reunion, PO Box 31512, Aurora, Co. 80012 or call Lt. Col. Harry Owen at (303) 364-8461.

Share Colorado, May registration — Looking for a way to stretch your food dollars? Self-Help and Resource Exchange is a national network of nonprofit organizations dedicated to promoting volunteerism by providing quality monthly food packages at a

reduced cost. The minimum order is \$20 plus two hours of volunteer time. For more information call Army Community Service at 526-4590 or Kellie at 538-9937.

Ebony Fashion Fair, a benefit show sponsored by Iota Beta Omega Chapter of Alpha Kappa Alpha Sorority, Inc. for benefit of local scholarships and charities, will feature the best and newest of American and European fashions worn by Ebony models. The fair is tomorrow, 8 p.m. at the Pikes Peak Center. Get tickets by calling 520-SHOW.

School District 11

Community Education is currently registering for its winter/spring programs. A variety of classes is being offered at a number of locations. Course offerings include: computer instruction, gardening, dance, guitar, art, babysitting, foreign languages, crafts, managing

rental property, floral arranging, yoga, photography and more. Students do not need to be from District 11 to enroll. For information, call 520-2384, or go to the Web site www.ccsd11.k12.co.us.

Range 19 is open every day of the week from sunrise to sunset. It is open to all active duty military, reserve, National Guard retired military personnel and family members 10 years old or older. Staff sergeants and retired military personnel who have a Range Control range safety card are allowed to sign the range out from Range Control in building 9550. All weapons must be registered on post. For more information contact Range Control at 526-5698.

Intramural bowling and golf teams are looking for representatives from the unit, battalion and brigade level. All representatives should attend meetings to discuss league competition, cost, awards and dates of competitions. The intramural bowling meeting is today at 1:30 p.m. For more information contact Al Gambala at

526-6630.

Buckle Up America Week — The Community Health Services, Better Opportunities for Single Soldiers and Drive Smart is sponsoring a child car seat check May 31 and July 2 at the Post Physical Fitness Center at 10 a.m. to 2 p.m.

The Fort Carson Officers' Spouses' Celebrity/VIP Golf Classic is coming up. Hole in one contests include a free car and a \$10,000 prize. Mark your calendars for May 31. Registration forms are available at the Fort Carson Golf Course and Forrest Fitness Center. Register early as the field is limited. If you are not a golfer, you can still join in the fun with the awards ceremony and Luau dinner immediately following the tournament. The cost of the dinner will be \$12 per person.

We are still accepting sponsorships and donations, call Dee Dee at 576-6421 for more information. Interested in volunteering on the 31st, call Jessica at 576-1865.

Annual leave needed

Civilian employees who would like to donate annual leave under the "Voluntary Leave Transfer Program" to sick or injured employees can refer to Fort Carson Regulation 690-4.

Leave donation forms may be obtained from administrative/personnel sections. Completed forms should be forwarded to leave-approving officials for approval, then to the customer service representative at the Directorate of Resource Management.

Annual leave donors are needed for:

Carolyn Harris and Candice Miller, both employees of the Dental Activity, need annual leave donations to help cover absences due to the exhaustion of available paid leave.

For information about the above-listed DENTAC employees, contact Bonny Edwards, 526-2006 or 526-2877.

J'Demetria Powell, Sharon Trigg, Betty Meek, Deeanne K. Lau, Zarene DeKraal, Maxine M. Featherston, Ana L. Foschi, and Tracie S. Everett, employees of the Medical Department Activity, need annual leave donations to help cover absences due to the exhaustion of available paid leave.

For information about the above-listed MEDDAC employees, contact Ruben Espinoza, 526-7246.



Army Community Service
Family Readiness Center
719-526-4590

Father's Day Celebration

June 13

Thursday

3-6pm at Iron Horse Park



Ponyrides
Jump Castle
Face Painting
Child ID Kits
Bubbles
Fathers Day Cards
Dog Tags
Hayrides
Hot Dogs, Chips & Drinks
(\$1.50 for 3 items)
Dads,
create a memory
with your kids.



Army Community Service
Family Readiness Center
719-526-4590

WANTED

Consumer Advocates

(Mediation/Consumer Advocacy Training)

Your ACS Financial Readiness Program is looking for Volunteers to assist our Fort Carson soldiers and their families. This is an opportunity to help soldiers and their families settle disputes with business.

June 10

8:30-11:30am

The Family Readiness Center, Bldg. 1526
FREE childcare available along with the opportunity to use the Wellness Center
Please call 526-4590 to register.

Help Soldiers & their Families avoid Frauds and Scams, along with educating yourself.

Commissaries activate computer-assisted ordering

by Kevin L. Robinson
Defense Commissary Agency

FORT LEE, Va. — Whenever customers walk into their local commissary, they deserve to have the products they want on the shelves. Since January, the Defense Commissary Agency has transformed its product ordering system to do just that.

"Computer-assisted ordering is probably the best thing that has hit us since scanning (of groceries at the cash register)," said Gary Bufalo, the store director at the Fort Lee Commissary (Va.). This automated reordering system maintains products on the shelves "just in time" for customers when they shop.

Through November, DeCA is sending teams of computer-assisted ordering experts to 187 of its medium to large stores. Region directors will do a cost-and-benefit analysis to determine if the system will be installed in the agency's smaller commis-

saries.

Through computer-assisted ordering, or CAO as it is called, DeCA will be able to accomplish the following:

- Improve customer satisfaction by raising commissary in-stock rates to 99 percent or better, ensuring the products patrons want are always available.

- Reduce warehouse inventories.

- Reduce operating costs by about \$4 million.

This initiative is designed to help DeCA keep pace with today's supermarket standard of predicting product movement, said Air Force Maj. Gen. Robert J. Courter Jr., agency director.

"We're operating commissaries more efficiently and effectively than ever before," Courter said.

"Computer-assisted ordering is a big part of this agency's transformation to the military grocer of the 21st century."

Before CAO, commissary employees walked

between the sales floor and warehouse to visually determine what products were selling, if they remained on the shelves or existed in the backroom. A typical store may have 14,000 to 15,000 items. Now, stores will be able to automatically reorder items as needed based on how those products sell and when they are delivered.

"There is so much data at our fingertips with this system," Bufalo said about CAO and its ability to deliver instant information on what items are coming into the store, what's available, what's selling, at what quantities and at what price. "If (a vendor) tells me how great the product is selling vs. another brand, I (check the computer) and you have 'the truth-amazing data.'"

"As computer-assisted ordering becomes an integral part of store operations, customers will see the difference on the shelves," Bufalo said. High-demand items will be visible and available at all times during shopping hours.



Photo by Spc. Jon Christoffersen

Best lawn ...

Sgt. John Young, Company C, 4th Engineer Battalion, and wife Stacie proudly display their award winning lawn. The Youngs' yard was voted the Yard of the Month for Comanche Village. The Youngs received a \$20 gift certificate from Morale, Welfare and Recreation and a \$25 gift certificate from Army/Air Force Exchange Service, during a ceremony held Monday at Comanche Village. According to Sgt. 1st Class Daniel McClure, housing liaison noncommissioned officer in charge, the purpose of the best lawn contest is to give housing residents an incentive to take care of their lawns.

Chaplain's Corner

Facing fears ...

Pick up a stone, face fears of 'Goliath' proportions

**Commentary by Jennifer Scheck
Chapel Youth Director**

A very powerful song from the popular Broadway musical, "The Scarlet Pimpernel," begins:

"David walked into the valley with a stone clutched in his hand, he was

only a boy, but he knew someone must take a stand. There will always be a valley, always mountains one must scale, there will always be perilous waters which someone must sail."

Thousands of years ago the boy referenced in that song took a stand against an insurmountable enemy. The story of David and Goliath is possibly one of the best known of the Bible. Perhaps it is the display of a courageous spirit that intrigues us. Perhaps it is the belief in the impossible that compels us to iden-

tify with. We realize that David was not only willing to take on the enemy, a man of gigantic proportions representing the entire Philistine army, but he was also willing to do it almost completely unarmed. Had he failed, an entire nation would have been enslaved.

As the story goes, an undeterred David faced Goliath with "five smooth stones." In an unparalleled act of heroism and a rock to the forehead, he defeated the enemy. Yet, David was not alone as he went into battle. Inside he carried the high hopes of his countrymen, the endorsement of his king, and the grace of his God.

Another young man of strong character and faith found in the Bible is Timothy. Perhaps lesser known than David, Timothy was just as determined to save his countrymen

from bondage. Perhaps a different type of slavery, not physical enslavement, but slaves none-the-less; slaves to a lie, slaves to themselves, slaves to sin. As David represented freedom from a powerful nation, Timothy's quest brought the freedom only found in faith.

Similarly, the youth of our country, the young people of Fort Carson, are dealt insurmountable challenges every day. In a post-Sept. 11 America, we are all faced with the fear of terrorism, the frustrations of apathy, and a faded sense of security. There are "Goliaths" in our land: loneliness, misdirection, grades, drugs, relationships, terror, anxiety, violence ... the list goes on and on.

Today, like David and Timothy, our young people, and in fact all of us, face challenges. Yet, we too, carry with us the hopes, endorsement and faith of those who have gone before us.

The same motivations that carried David into the battle and the ideals that motivated Timothy, such as faith, family and love, still exist today. One small

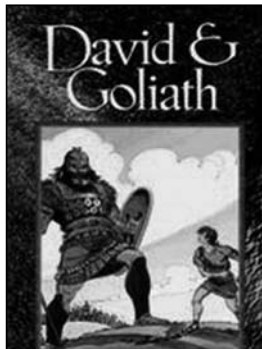
glimpse into the hearts of those defending our country in the War on Terrorism shows these same qualities shining forth.

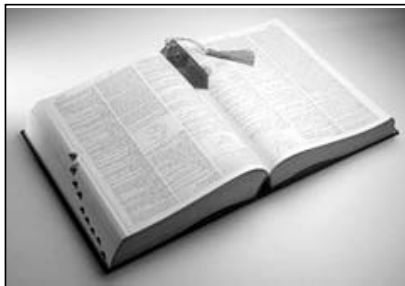
How do we encourage those soldiers, students, and even ourselves in the time of battle? Timothy's mentor, Paul encouraged him, and us, by saying,

"Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity." These five characteristics — speech, life, love, faith, and purity are the "five smooth stones" that we can use to defeat our "Goliaths."

These stones are portrayed in acts of heroism, felt in the comforting arms of friendship, and ultimately found in the fullness of grace.

On this Memorial Day week, let us remember those who are currently and have previously carried our hopes, our endorsement and our faith. Let us, ourselves, be prepared to grab those stones, face our Goliaths and wade into the perilous waters.





Chapel

Protestant Sunday School 2002 — Soldiers' Memorial Chapel is sponsoring a new Sunday adventure each week at 9:30 a.m. Children will enter the fun world of firelight-crafts, activities, drama and building new relationships, while experiencing the world of the Bible. Children must be at least 4 years old to register. Registration is ongoing Sunday mornings at Soldiers' Memorial Chapel, building 1500. Volunteer positions are available. For information, contact Dennis Scheck, 526-5626.

Youth of the Chapel — Activities for Protestant and Catholic middle school and high school youths take place each Sunday at 1:30 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sunday at Soldiers' Memorial Chapel.

Fort Carson AWANA Club: Making the Gospel fun. AWANA shapes children's lives with a combination of good clean fun, Bible memory and spiritual teaching. AWANA is an international nondenominational organization dedicated to sharing the Gospel of Jesus Christ with young people. The group is similar to Scouting and participants wear uniforms, earn badges and are motivated through awards. Meetings are held Thursdays from 5:15 to 7 p.m. Spaces are available for adults who want to be ministry leaders. The leadership training is free. For information, contact Susan Webb, 538-9306.

Chapel Schedule

ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-5769
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	8 a.m.	Mass	Prussman	Magrath & Titus	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers'	Nelson & Martinez	Jim Sciegler/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
EASTERN ORTHODOX					
Sunday	8 a.m.	Divine Liturgy	Soldiers'	Nelson & Martinez	Chap. Olson/526-5772
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Drake/526-4206
Sunday	9:30 a.m.	Protestant	Veterans'	Magrath & Titus	Chap. Atkins/524-1822
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL PROTESTANT					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
2nd and 4th Tuesday	6:30 p.m.		Spiritual Fitness Center	Barkeley & Ellis	Ms. Costantino-Mead/ (303) 428-7703
For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child care is available during on-post worship services.					

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 46 & Genesis 1-4

Saturday — Psalms 47 & Genesis 5-9

Sunday — Psalms 48 & Genesis 10-13

Monday — Psalms 49 & Genesis 14-17

Tuesday — Psalms 50 & Genesis 18-21

Wednesday — Psalms 51 & Genesis 22-25

Thursday — Psalms 52 & Genesis 26-30

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following: **Unit:** For the soldiers and leaders of the 1st Infantry Division ("Big Red One"), forward deployed in Wuerzburg, Germany. **Army:** For the soldiers, noncommissioned officers and officers of the Infantry Branch. Ask God to provide leaders that will decisively train for and lead their units to victory in battle. **State:** For all soldiers and families from the state of Kansas. Pray also for Gov. Bill Graves, the state legislators and municipal officials of the Jayhawk state. **Nation:** For the memory and legacy of Dr. Martin Luther King Jr. Pray that God would lead us to realize King's vision of a land where constitutional freedoms are a reality for all, and where civility and nonviolent change become a way of life for our citizens. **Religious:** For the soldiers and families from the Moravian Church. Pray also for all military chaplains endorsed to serve on behalf of this community of faith.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.



by Fort Carson
Safety Office
Riding motorcycles/all
terrain vehicles

- Must be appropriately licensed to operate on public highways (DODI 6055.4 E3.2.1)
- Must be in compliance with the Chief of Staff of the Army Six Point privately owned vehicles program
- Complete a Motorcycle Safety Foundation approved course prior to motorcycle operation on Army installations

• Individuals must sign and comply with "Motorcycle/ATV Operator Requirements and Individual Responsibilities and Motorcycle Operator/ATV Requirements and Individual Responsibilities Agreement"

• Prior to purchase of a motorcycle or operation of such a vehicle on the installation, inform command of your intent, complete required training and inform commander; purchase and use appropriate personal protective equipment in accordance with the agreement

• Wear protective equipment (drivers and passengers: Department of Transportation approved helmet, eye protection, leather boots or over-the-ankle shoes, long-sleeved shirt or jacket, long-legged pants, full-fingered gloves, and high-visibility garments)

• Keep headlight on at all times

• Have rearview mirrors on each side of handlebar

• Use extra caution; assume other traffic can't see you

- Check brakes regularly
- Signal intentions well in advance
- Stay out of other vehicles' blind spots; be prepared for an emergency
- Don't drink and drive

POV safety

- Vehicle accidents are the number one killer of soldiers
- Factors that influence risk: age, seatbelts, alcohol, fatigue, location and speed

PART II

Safety office reminds everyone to be safe this summer

• Age — Risk of involvement in a fatal crash for soldiers 18 to 24 is nearly four times greater than any other age group

• Seatbelts — Seatbelts prevent deaths in 42 percent of all potentially fatal crashes. Add an airbag to a buckled seatbelt and increase odds of surviving crash to 47 percent

• Alcohol — Intoxicated drivers are 15 times more likely to be involved in a crash and to be fatally injured than a sober driver

• Fatigue — Drivers 18 to 24 are at special risk with more than 56 percent of fatal crashes involving fatigue or falling asleep at the wheel

• Location — Statistics show travel on interstates is safer than two lane roads; fatality rate for travel on roads where high speed is possible increases by 30 percent

• Speed — The faster a car is going, the more distance and time it takes the driver to stop; speed reduces amount of time driver has to react and ability to safely negotiate the road

Precautions: Don't drink and drive; use a designated driver; wear seatbelts and obey the speed limit; don't drive if you're tired; take rest breaks; adjust speed for conditions; drive defensively and don't follow too closely; park car if you have to use your cell phone

Fishing

• Fishing hazards are related to a lack of swimming skills and improper use of boats

Common hazards: drowning, sunburn, injuries from fishhooks and knives

- Avoid side-arm casting; overhead casting is much safer
- Release tension on line when changing lures or removing weeks
- Carry a first-aid kit that includes cutters and antiseptic
- Personal flotation devices are highly recommended

Swimming and diving

- Never swim alone, know your ability
- Don't drink and swim
- Non-swimmers stay in shallow water
- Swim only at supervised swimming areas
- Always have adult supervision for children
- Don't swim if chilled, overheated, overly tired, immediately after eating or in storms
- Before diving, make sure water is deep enough; never dive in unknown waters
- Always keep hands in front of your head
- Check for submerged or floating obstacles

Fireworks checklist

- Know your state's law regarding fireworks
- Buy from reliable source
- Read and follow label directions
- Only use outdoors
- Light one at a time
- Never re-ignite malfunctioning fireworks
- Never give fireworks to small children
 - Store in a cool, dry place
 - Dispose of properly
 - Never throw fireworks at another person
- Never carry fireworks in your pocket
- Never use metal or glass containers for shooting fireworks

Recreational Safety

- Watch out for the "Dangerous Toos:" too tired, too cold, too far from safety; too much sun; too much strenuous activity
- Prepare beforehand — Start slowly with warm-up and finish with a cool down; use the right equipment, know rules for all activities
- Know your limits; get in shape and don't push your body beyond for conditions
- Dress appropriately for both the sport and the weather
- Understand the hazard — activities from golf to mountain climbing have injury potential
- Know safety rules for all activities; use the right equipment

Lawnmowers

- Know your mower and fill gas tank safely
- Wear heavy-duty shoes with non-slip soles and safety goggles
- Never mow in bare feet or sandals
- Clear area of stones, sticks, toys and debris that could be thrown by the blade

Gas grills

- Read owner's manual thoroughly
- Use proper type of tank and fuel\check hoses and valves frequently
- Transport and store liquid propane cylinders in an upright position
- If using propane grills, double check to make sure the nozzle is turned off; don't grill from inside your garage, in case of sudden flare up, keep a bottle of water and a fire extinguisher close by

Charcoal grills

- Never start a fire with gasoline
- Spread instant lighting briquettes into a single layer, touching at the edges

- Light several briquettes at their edges
 - Stack standard charcoal briquettes into a pyramid
 - Apply lighter fluid before lighting
 - Never add fluid to coals once lit
- Precautions: grills should be clean, sturdy and stable, keep them on a level surface away from children, foliage, chemicals and the house or garage

Hiking

- Let someone, who is not going with you, know where you are going and when you plan to return
- Be prepared for a variety of terrain and weather conditions
- Minimum equipment includes a compass, maps, canteen, food and a first-aid kit
- Be careful of chiggers, insect bites and stings, ticks and poisonous snakes

Camping

- Equipment should include proper footwear, an ax, a knife, flashlight and cooking utensils
- Know where you are going
- Keep campsite safe and clean
- Use designated fireplaces and don't build a fire near trees
- Let campfire die down, break up coals, spread burned pieces, soak them thoroughly then cover area with dirt or sand
- Bring sufficient drinking water for camping party

Boating

- Have one vest or jacket of suitable size for each person, fire extinguisher, whistle or horn, bilge pump, extra line for towing, radio for weather reports, paddles or oars, first-aid kit, visual distress signals, flashlight and basic tool kit

Boarding, loading, and getting underway:

- Never jump into boat, step into center; passengers should sit near center
- Store gear in center of boat and distribute evenly
- Know load capacity of boat and be sure lines are secure
- Keep personal flotation devices handy for everyone. Children and non-swimmers wear flotation devices at all times

- Don't stand up unless necessary
- Start slowly and watch for other boats
- Operate at safe speeds; no clowning on board
- No alcohol or drugs while boating

Boat trailers:

- Choose proper trailer for boat
- Adjust tie-downs and unit supports to prevent boat from bouncing on trailer
- Capacity of trailer should be greater than combined weight of boat, motor and equipment
- Tow ball and coupler are same size and bolts and washers are tightly secured; coupler is completely over ball latching mechanism and is locked
- Trailer is loaded evenly from front to rear and side-to-side
- Safety chains are attached crisscrossing under coupler to frame of the vehicle
- Check lights, brakes, mirrors tires, (including spare)
- Allow more time to brake, accelerate, pass, and stop
- Remember turning radius is much greater; practice turning, backing up on a level parking area prior to operating on the open road

Water skiing

- Know how to swim and learn proper hand signals
- Always wear a properly fitted ski vest
- Have two people in boat — one to dive, one to watch skier
- Stay away from solid objects and others in water

Lightning

• Of dangerous storms, lightning is the number two killer in the United States

- Implement a lightning safety plan; assemble a disaster supply kit
- Seek Shelter: Avoid the high ground, tall trees, towers, fences, telephone lines or power lines, water-related activities (boating, swimming, fishing); golf, open fields and beaches, open buildings, open vehicles, metal fences, bleachers, ball bats, fishing rods, camping equipment and bicycles
- Use "30/30" lightning safety rule: If you observe lightning, count the number of seconds until you hear thunder; Divide the number of seconds by five to get the distance (in miles) the lightning is away from you
- Seek shelter if the time between the lightning flash and thunder is 30 seconds or less

Symptoms of heat exhaustion:

- Weakness, easily fatigued, impaired physical performance, headaches, fainting, abdominal cramps, and cold, wet, clammy skin
- Loss of body salt and water occurs
- Seek first aid treatment immediately
- Remove patient from heat if possible, elevate legs

- Have victim drink large quantities of salt water only if conscious

Prevention: Drink water freely and frequently

Heat cramps symptoms:

- The onset of cramps is usually abrupt and dramatic. In mild cases, symptoms may come on gradually, be less painful and involve few muscles
- Attack begins while individual is working in heat; frequently occurs several hours later
- Treatment is the same for heat exhaustion
- Prevention: adequate replacement of salt an water during periods of excessive sweating

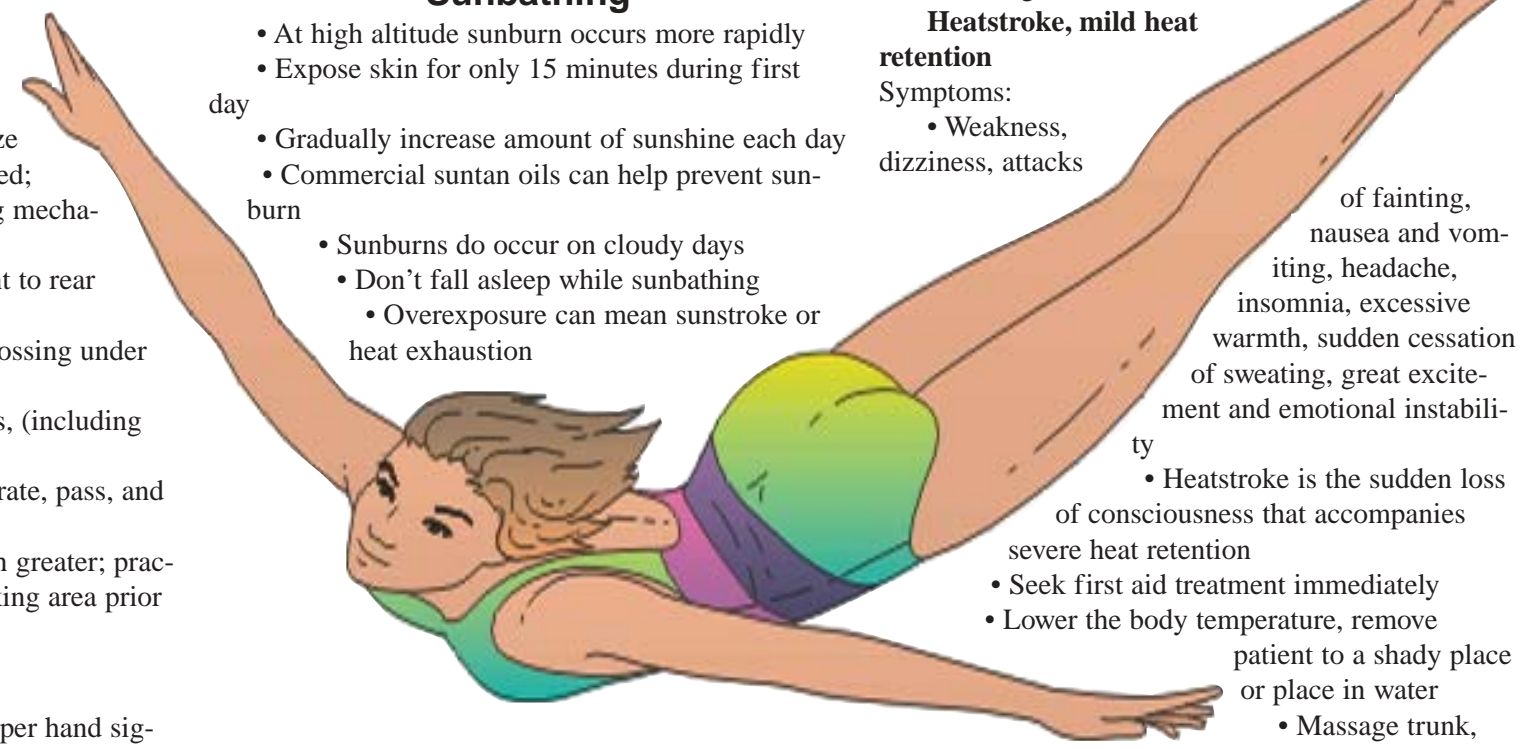
Heatstroke, mild heat retention

Symptoms:

- Weakness, dizziness, attacks

- Sunburns do occur on cloudy days
- Don't fall asleep while sunbathing
- Overexposure can mean sunstroke or heat exhaustion

- At high altitude sunburn occurs more rapidly
- Expose skin for only 15 minutes during first day
- Gradually increase amount of sunshine each day
- Commercial suntan oils can help prevent sunburn



Heat injuries, heat stroke and heat exhaustion



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OUT+ABOUT

24 - 31 May, 2002

WWW.FTCARSON.COM

50th Anniversary Celebration

10th Special Forces Group (Airborne)
"The Best"
3 - 8 June 2002
at Fort Carson & Colorado Springs, Colorado

Child Safety Seat Check-Up

Post Field House
Bldg. 1829 Specker Ave.
(On the corner of Specker & Prussman, across from Burger King)
Friday, 31 May 2002
10 - 2 pm

Have your Child Safety Seat Inspected FREE!!!

Is your Child as safe as possible? Has your car seat been recalled?
Help BOSS BOOST your child safety!

Sponsored by: BOSS & Community Health Services

For more information call
MEDDAC BOSS President at 526-7201



"Proud to be an American!" The Army's 227th Birthday Ball

5:30 pm • June 1st 2002

Sheraton Inn,
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Colorado Springs, CO

Playtime in the Park

Join CYS for 8 weeks of summer fun at convenient locations.
9 - 11 am

Children under 10 years must be accompanied by an adult

June 11th - 14th Safety First
Basic safety tips, activities & crafts.

June 25th - 28th Bear Birthday
Party pack, bubbles & fun.

June 18th - 21st Clifford in the Park
Sports activities, crafts & storytime.

**For more information and locations
please call 526-8220/1100**



SUMMER Camp

Starting
3 June
through
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Kindergarten through
Grade 8
For more
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please call
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SKY SOX BASEBALL

Call ITR at 526-5366
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Sponsored by

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Outdoor Recreation Complex

Bldg. 2429, Specker Ave, Fort Carson
(719) 526-2083

JUNE 2
JULY 7
AUGUST 11
SEPTEMBER 14

beginning rappelling

The Alpine Tower Facility is now
open for the 2002 Season.

To take part in the "On the Edge"
beginning rappelling class please
call 526-5176.

Classes are by reservation only.

The Alpine Tower Facility is
located on the corner of Specker
and Weitzel (across from the
Outdoor Recreation Center)

12K Volksmarch 8 June, 2002

Starts at 8:30 am, last-start at 12:30 pm

Turkey Creek Recreation Area

10 Miles South of Fort Carson's Main Gate, off of Hwy 115

\$5 entry (includes medal & lunch)

Horseback Riding available after the march

For more information, please call Dan Levy 526-2299



Sports & Leisure

Game of the Week

Mountain Post community enjoys fun run event

by **Walt Johnson**
Mountaineer staff

The Mountain Post "Freedom Run" Saturday at the Post Physical Fitness Center brought out more than 50 runners willing to tackle the challenging seven and a half mile course.

This year's run, sponsored by the Department of Community Activities, held in conjunction with Armed Forces Day events on post, was a little more low key than previous runs because military commitments and other factors prevented some of the top runners on post from participating.

Still, the group that did show up for the race, ranging in ages from 14 to 64 years old, enjoyed a slight breeze and comfortable temperatures.

The race was run by both members of the post community and members of the Colorado Springs community. In fact, it was a member of the Colorado Springs community, Gerald Romero, who was the overall fastest finisher in the race, with a time of just under 36 minutes. The Mountain Post's Wendy Wilson was the top female finisher in the race, coming to the finish line in just under 42 minutes.

Finishing second in the men's and women's category respectively was the Mountain Post's Todd Brown and Brandi Brown. The third place finishers in both categories were the Mountain Post's Melvin Watson and

Yerica Bello.

The race wasn't only for the mature of age as two members of the Mountain Post youth family finished the race. Javier Santiago and Victoria Bonk were the top male and female youth finishers respectively.

The star of the day may have been a "64-years-young" runner named Phil Rose, who had the distinction of being the oldest finisher in the race. Rose was not only the oldest finisher in the race, he came to the finish line in under 50 minutes.

Josh Mitchell, intramural sports director, said considering everything, the race turned out to be fun for the people who attended.

"There are a lot of things going on in the community and some people are just getting back from down range so we didn't have the number of people we usually get, but we still feel good about the turnout," Mitchell said.

Richard Baldwin, DCA representative, said the change in format turned out to be a good thing for the post.

"We wanted to emphasize family fun instead of this being a competitive race like it has been in the past. The people that came out had a good time and the best part of the race was the kids run. There is nothing better to see than the smiling faces of children like we had today," Baldwin said.



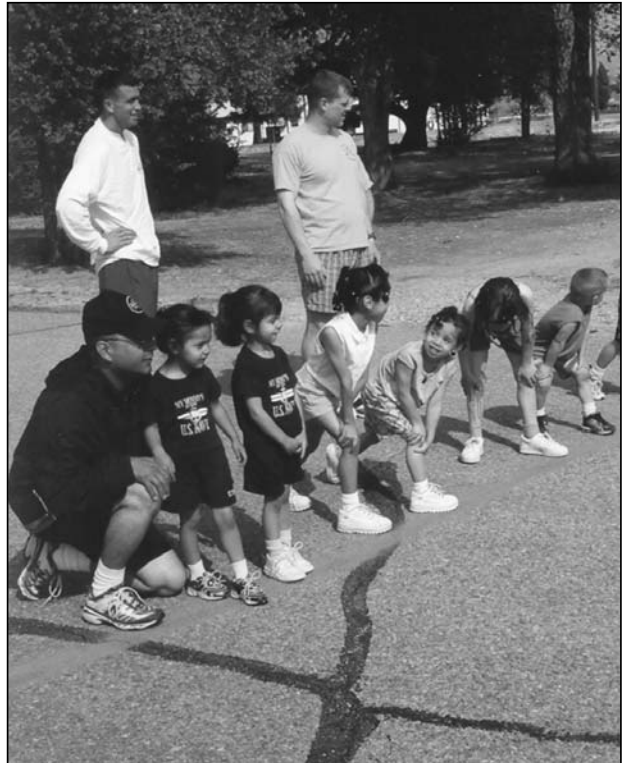
Photos by Walt Johnson

Wendy Wilson races toward the finish line. Wilson was the first female to finish the fun run.



Photos by Walt Johnson

Colorado Springs runner, Gerald Romero, races across the finish line in first place in the post fun run.



Photos by Walt Johnson

Young runners, with their fathers, were eager and ready to run as the youth fun run was about to begin.

On the Bench

Post runners ready to tackle challenging course Saturday

by Walt Johnson
Mountaineer staff

Notes, quotes and thoughts for a slow Thursday edition.



Johnson

The Mountain Post's Wendy Wilson, (see a related article on page 33) who will be leaving with her family to a new duty assignment in the next few days, finished first among the women in Saturday's

Freedom Run.

After returning from the run, Wilson said she had to think of her motivation to finish the race after facing a challenging hill.

"The course was tough and I wanted to stop at the first big hill," Wilson said with a laugh.

"My family was at the finish line waiting for me so I knew I had to finish. My little girls told me I would be the first finisher so I couldn't let them down," Wilson said with a smile.

Wilson said running the race was a

good way to say goodbye to the Mountain Post athletic community.

"This was a fitting way to leave Fort Carson. All that hard work at the gym paid off," Wilson said with a smile.

May is National Health Fitness Month and there is still time to take advantage of some great opportunities to learn about health-related issues.

At Garcia Physical Fitness Center and Forrest Fitness Center there will be free health-screening programs for post patrons. Each of the fitness facilities will have blood-pressure screening and skin-fold testing from 9 a.m. to 3 p.m. each Thursday in May, according to Lori Martindale, assistant director of Garcia PFC and Forrest FC.

At McKibben and Waller Physical Fitness Centers, skin fold testing is available each Thursday from 9 a.m. to 3 p.m.

Cholesterol screenings will be held at Forrest FC from 12:30 to 1:30 p.m. The program will run the entire month.

The Susan G. Komen Breast Cancer Foundation is in the process of putting together this year's "Race for



Photo by Walt Johnson

Running after the game ...

Members of a post youth soccer team go through the welcome line after finishing the season Saturday at the post youth soccer fields.

Bench

From Page 20

the Cure.”

The race will be run Aug. 11 in Colorado Springs. Race organizers are looking for race day volunteers as well as people interested in serving on committees to help organize the race.

If you would like to volunteer to help in this year's race contact Kristen Bowen at 526-9245 or call the “Race for the Cure” Hotline at 476-1675.

The first, “pitch, hit and run” competition held on post will take place from 9 a.m. to 3 p.m. Saturday. Parents can sign up their children to participate in the free event today and Saturday. The competition is open to youths ages 5 to 18 years old. For more information on this and other youth center programs, call the youth center at 526-1100.

Fort Carson Night with the Colorado Springs Sky Sox is scheduled for May 29.

Free tickets are available at the Information, Tickets and Registration office.

All right gang, this is the time we all wait for. Not much else going on locally, so I get to talk about the play-for-pay folks.

Now admit it, weren't you just as surprised as I was that the New York

Knicks didn't get one of the top three draft choices in this year's NBA draft?

Will someone please tell the Boston Red Sox to come back to earth and get out of first place.

I used to think the chances of a strike by major league baseball players was out of the question, but think about this, if the Red Sox stay in first place and are close to winning the championship, isn't a season ending strike the answer to the “Bambino” curse? By the way, for those who don't know, the Bambino curse says the Red Sox will not win the pennant because they sold Babe Ruth to the New York Yankees in 1918. Look it up gang, they haven't won the championship since then.

So, major league baseball is a \$4 billion industry but close to eight teams are in danger of shutting down, according to Bud Selig, baseball commissioner.

Maybe its just me but can you think of any industry that can make that much money and still say there is not enough to go around? When are the fans of America going to wake up?

I have been asked why the Montreal Canadians are also called the “Habs.”

I don't know why I was asked either, but here is the answer I got from a Canadian friend of mine. Habs is short for inhabitants and the reference is to inhabitants of Montreal.



Photo by Walt Johnson

Are you ready ...

Angeles Shoup, left, and Tricia Kranz warm up prior to a recent boxercise class with Lavel Sims at Forrest Fitness Center. The boxercise classes are held Mondays, Wednesdays and Fridays.

Mountaineer Sports Spotlight

Soldier practices fitness techniques year round

by Walt Johnson
Mountaineer staff

Editor's note: May is National Fitness Month. In honor of the month, this is the second of three articles highlighting a soldier or spouse who has a consistent physical fitness regimen.

Wendy Wilson believes in keeping fit and exercising daily. To that end she averages about two hours a day working out and doesn't limit herself to just one type of exercise program, she does them all.

"I've always been into fitness and while I was in the military of course, we always did running," Wilson said.

Wilson can be seen at Forrest Fitness Center taking part in all the aerobic programs offered, lifting weights and on the running tracks, on post running two to three miles each time she runs.

Wilson has a unique approach to working out which sees her working out in the morning to get ready for the day ahead.

"I like to work out in the morning

because it gives me more energy for the rest of the day. I have found when I work out at night, I get so much energy from the workout that I can't go to bed. Also I can focus more on weight training in the morning and having my two girls to take care of, I can use the energy in the day," Wilson said with a smile.

Wilson began her cardio training program in the beginning of 2001 and her weight training program began in May 2001 after she realized the reason she wasn't working out was not a good reason.

"Once I had my two girls, I would always have an excuse like I'm too tired, I don't have the time. One day I didn't like what I saw health-wise and didn't think I was where I should be. I also found myself being sick a lot. I decided I didn't want to make an excuse for not working out and I wanted to be able to keep up with my kids. I believe staying fit is the best way to be sure I can keep up with my kids," Wilson said.



Photo by Walt Johnson

Wendy Wilson stretches as she participates in an aerobics class recently at Forrest Fitness Center.

See Wilson, Page 33

Wilson

From Page 32

Wilson currently runs a six-and-a half minute mile and trains with free weights every day and gets plenty of cardio work, which she thinks is the key to her program.

"If I do all the other things, running and lifting weights, I still don't feel right if I don't get my cardio workout in. It is a good way for me to get my blood flowing and get motivated to do the weight training," Wilson said.

"Weight training is something I have been doing since high school. I have been learning a lot by watching people here with their weight training program here if they were doing something I hadn't done before. There were also a lot of people willing to help me if I needed help with a weight training program," Wilson said.

"I was a basketball player in my junior and senior years in high school

and I didn't particularly like running. Then when I got to San Francisco while serving in the Army I got to run up and down the hills in San Francisco and started liking running a lot," Wilson said.

Wilson said after she realized she could no longer get by making excuses for not exercising regularly, she decided to just make sure she stuck with a consistent program.

"I realized that I couldn't use work and my children as an excuse not to workout. I made the time to come to the gym to workout. After I got back into the training I felt like this was something good for me and I don't want to slack off on it because I am seeing good results," Wilson said.

"Besides, I've never been committed to anything as much as this. Mentally I see results and it makes me feel good about myself. Right now I feel like I'm in the best shape of my life and I don't get colds like I used to and I feel good all the time," Wilson said.



Photo by Walt Johnson

Wendy Wilson works out on the pull-up bar during a weight training workout.

Colorado's treasure: Rocky Mountain National Park

Story and photos
by Nel Lampe
Mountaineer staff

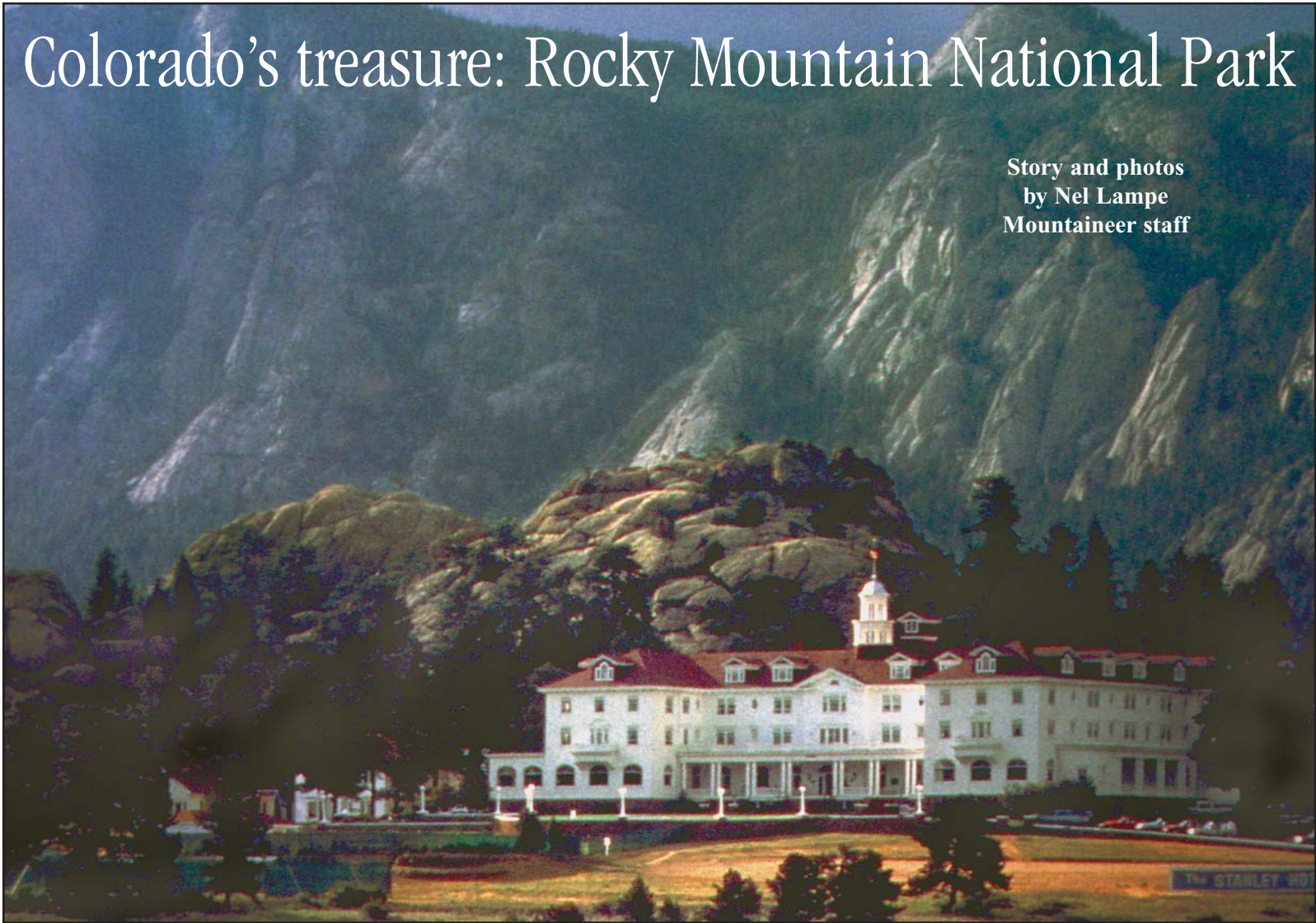


Photo courtesy Stanley Hotel

A mountain background dramatically sets off the luxurious Stanley Hotel in Estes Park. The hotel was the setting for Stephen King's novel, "The Shining."

by Nel Lampe

Mountaineer staff

Rocky Mountain National Park is one of the most beautiful national parks in the nation. And it has some of the most beautiful sights in Colorado.

Located near the town of Estes Park, the park contains tall, rocky mountains, silvery lakes, glaciers and grand views. Waterfalls, cliffs, Alpine tundra, meadows, pine trees, wildflowers, snowcapped peaks, jay birds, bighorn sheep, elk and deer can be seen in the park. There are more than 100 peaks rising 10,000 feet, the most predominant is Longs Peak, at 14,225.

Rocky Mountain National Park is

on the Continental Divide and covers 415 square miles. Because of its high elevation (7,840 to 12,000 feet) winter brings heavy snowfalls that usually keep some roads closed until June. But Trail Ridge Road is already open this year, because of the small amount of winter snow.

Trail Ridge Road is the highest highway in the United States. It passes through the Alpine tundra of the park. The road winds through the park east to west, over the Continental Divide, with glimpses of

mountain peaks on either side — usually snowcapped. The road's highest point is 12,183 feet above sea level. To traverse Trail Ridge Road its entire length takes three or four hours, at a leisurely pace which would include stops at the overlooks and at the Alpine Visitor Center. Trail Ridge Road leads from Estes Park to Grand Lake on the park's west side, about 40 miles.

Although a visitor could thoroughly enjoy the park by taking a drive, there's so much more: fishing for trout; 360 miles of hiking trails, climbing, backpacking, horseback riding and camping.

Horses with guides are available for hire at two loca-

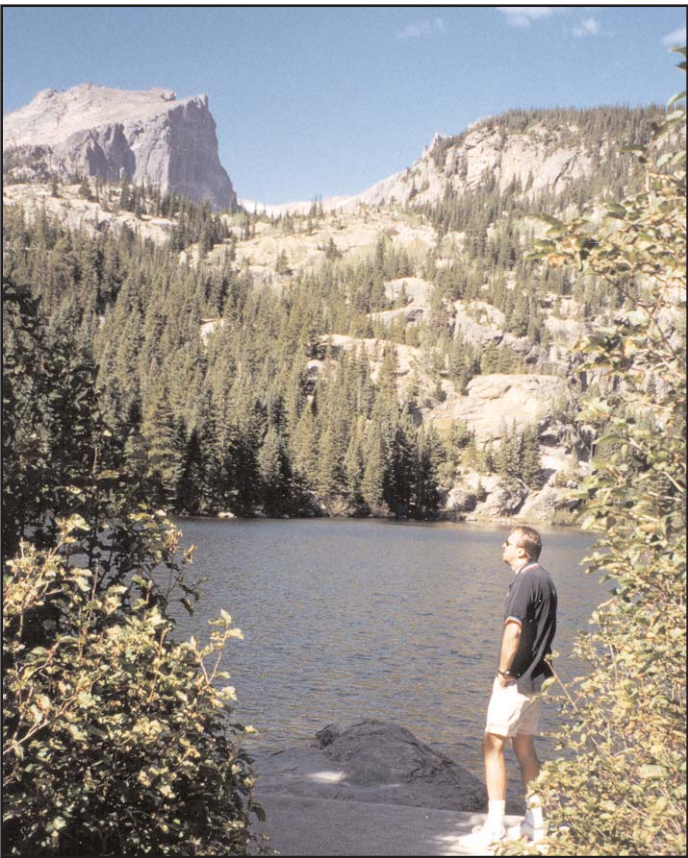


Photo by Nel Lampe

Bear Lake is a popular destination in Rocky Mountain National Park.

tions in the park during summer months, or at private companies near the park's east and west boundaries.

Campgrounds in the park are at Longs Peak, Moraine Park and Timber Creek campground. They are open year around. Another campground, Aspenglen, is open mid-May through September. For a camping reservation, call (800) 365-2267. Campers may stay no longer than seven days during summer months except at Longs Peak campgrounds, which has a three-day limit. No showers or recreational hookups are available. Camp sites are about \$18 per night.

Because of high fire danger, check with rangers about fire regulations

See Rocky, Page 27



Photo by Nel Lampe

Rocky Mountain National Park has lots of tall trees and snowcapped peaks.

Far from the ordinary



Places to see in the Pikes Peak area.

May 23, 2002

Rocky

From Page 27

regarding cooking and campfires.

There are several visitor centers in the park: Beaver Meadows, Kawuneeche and Fall River. Alpine Visitor Center is open during summer months only. The Moraine Park Museum and the Lily Lake Visitor Center are open late spring to fall. The visitor centers are a great place to learn about the history of the park, the terrain, wildlife and the activities available in the park.

Rocky Mountain National Park draws about 3 million visitors each year, half of them in summer, which is the ideal time to visit.

The park is so filled with visitors on summer weekends that parking lots at popular sites are quickly filled. The park has free tour buses which shuttle people to the more popular sights. When viewpoint parking lots are filled, rangers and signs will instruct visitors to parking lots where shuttle buses begin and return. If you're not in the park by 9 a.m., on a summer weekend, plan to use the shuttle buses.

Even when parking lots are filled, visitors are free to drive in the park, but will be unable to park the car at overlooks or trail heads.

The entrance fee for Rocky Mountain National Park is \$15 for one vehicle. The pass is good for six days.

In addition to the camping sites in the park, there are several commercial camping facilities, motels and lodges in the Estes Park area. Call (800) 443-7837 or check the Web at www.rockymtntrav.com/estes.

Autumn is also a beautiful time to visit the park, when aspens turn to gold and elk migrate from higher elevations and the tourists have gone home. Early snows may cause closures of some roads by October, however.

The town of Estes Park lies just east of the park's east entrance and is accessible year around. The town was named for Joel Estes, who along with his son Milton, first rode into the large valley in 1859.

The town's setting is much like an Alpine village, surrounded by mountains. Small hotels and lodges are scattered about the mountainside.

Several museums are in the Estes Park area as are several structures listed on the National Register of Historic Places.

Although many people are not familiar with the town of Estes Park, they may recognize its Stanley Hotel.

Perhaps the best known hotel in Colorado, the historic hotel was the inspiration for Stephen King's book, "The Shining." King was searching for a location to fit an idea for his third novel. He had dinner at the Stanley Hotel and began to imagine it being snowbound. Soon he was at his typewriter. The Stanley became the fictional

"Overlook Hotel."

Warner Brothers secured movie rights to the book and the movie starred Jack Nicholson and Shelly Duvall. However, filming wasn't done in Estes Park, as Director Stanley Kubrick thought nobody would believe an elegant hotel like the Stanley could exist in the Colorado mountains.

Scenes from "Dumb and Dumber" were also shot at the Stanley.

In 1996 Stephen King became involved with another version of "The Shining." This version, shown in two-parts on television, was mostly filmed at the hotel, which received extensive renovation in preparation for the filming.

The Stanley Hotel was named for Freelan Oscar Stanley. Freelan and his twin brother, Francis Edgar, were inventors. They invented a machine which manufactured dry plate negatives. The Stanleys sold the patent for a fortune to Eastman Kodak in 1904. The brothers also manufactured the Stanley Steamer automobile.

Eventually Freelan Stanley moved to Colorado for his health, settling in Estes Park. He decided the town needed a luxury resort hotel. Freelan took on a partner, bought the land and constructed a resort hotel for half a million dollars.

Special features of this grand hotel are an impressive staircase and lobby, an ornate, mirrored brass elevator and luxurious detailing. The hotel opened in 1909, and was equal to the finest European Resort.

Anything that was necessary to support the hotel were built — power and water plants, sewers, roads and a bank.

Early guests were met at the train station taken to the hotel in a Stanley Steamer Mountain Wagon, especially designed for the task.

A museum was added to the hotel during the last renovation and is in the downstairs lobby. The museum depicts the life and work of the hotel's founder.

The museum is open from 10 a.m. until 4 p.m. and has free admission.

A 1906 Stanley Steamer Runabout is in the museum. When new, the Runabout, with its 10 horsepower engine which only had 13 moving parts, sold for \$850.

Two guided tours of the Stanley Hotel are available. A History Tour includes portions of the hotel property, anecdotes about F.O. Stanley and his family. Tours cost \$5 for adults and \$2 for children ages 5 to 12 and are conducted from 11 a.m. until 2 p.m. daily.

Ghost Story Tours include hotel history, stories about F. O. Stanley and some explanations about the hauntings and the relationship to Stephen King. Ghost Story Tours are \$10 per adult and \$5 for children ages 5 to 12, and are Fridays and Saturdays at 6 p.m.

The tours last 45 minutes to an hour, and can be arranged by calling (970) 577-1903. Reservations



Photo by Nel Lampe

A Stanley Steamer Runabout is in the Stanley Hotel Museum.



Photo by Nel Lampe

The Stanley Hotel uses ornate, luxurious details in its construction.

are suggested.

Visitors may take a tour of the public parts of the building at anytime, and visit the museum.

The town of Estes Park has several restaurants and interesting shops. Some tourist activities for families are amusement parks which have bumper boats and cars and a big slide.

To reach Estes Park and the nearby Rocky Mountain National Park, take Interstate 25 north to Loveland, about 70 miles north of Denver. At Loveland take Highway 34 west to Estes Park. The trip takes almost three hours.

This trip can hardly be accomplished as a day trip. It is recommended visitors make arrangements to spend an overnight in the Estes Park area or in Denver the day before or after a visit to Rocky Mountain National Park.

Call the Estes Park Chamber of Commerce for information about Estes Park or lodging at (800) 443-7837.

Just the Facts

- **Travel time** About 3 hours
- **For ages** Families
- **Type** National Park
- **Fun factor** ★★★★★ (Out of 5 stars)

- **Wallet damage** \$ park entry
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$80(Based on a family of four)



Hikers walk along the meadow near Moraine Museum, just below one of the park's glaciers.



Military Appreciation Day

Free tickets for Sky Sox Military Appreciation Day are available while supplies last at Information Tickets and Registration Office in the Outdoor Recreation complex. The game is May 29 at Sky Sox Stadium, off Powers Boulevard.

Chili cookoff

Cripple Creek holds its annual **"Hot Times Chili Championship,"** Friday and Saturday. Festivities begin at 11 a.m. each day. Cripple Creek is west and south of Colorado Springs; Highway 24 West to Divide, Highway 67 south to Cripple Creek.

Territory Days

A long standing tradition in Old Colorado City is **Territory Days**, held every Memorial Day weekend. Since Old Colorado City was the first territorial capitol of Colorado during the 1860s, this celebration marks that event. Entertainment starts at 10 a.m. each day. Food vendors will cook up buffalo burgers and turkey legs along with an array of other foods. Crafters, artisans, bands and entertainers round out the day. Monday, a "Salute to America" features patriotic music and the Fort Carson Mounted Color Guard. Territory Days is along Colorado Avenue between 24th and 27th Streets. Buses will shuttle visitors to the fest from Coronado High School for \$1 for a round trip, starting at 9:45 a.m. There's no entrance fee.

Royal Gorge Bridge

There's only one more week end to take advantage of the **military appreciation half-price tickets** at the Royal Gorge Bridge and Park. Anyone with a military ID card gets in for half price during the month of May. Royal Gorge is a few miles west of Canon City. All park attractions are included with admission.

Buckskin Joe

Buckskin Joe Frontier Town and Railway, which is on the way to the Royal Gorge Bridge, is open for the season. The attraction opens at 9 a.m.

daily and features 1860s historic buildings and gun-fights. Call (719) 275-5149 or go online at www.buckskinjoe.com. Plan several hours to take it all in. Tickets are \$10 for adults, \$8 for children. There's a combination ticket which includes a train ride, for \$16 for adults and \$14 for children.

Lipizzaner Stallions

The Colorado Springs World Arena will have the "Lipizzaner Stallions" for two shows June 8; 2 and 7:30 p.m. Tickets start at \$20.50. Call 576-2626.

Dinner theater

The Iron Springs Chateau in Manitou Springs has opened a new show, **"Yo-Ho-Ho and a Barrel of Fun,"** which follows dinner. The audience interacts with the cast during the melodrama. Dinner and show tickets are \$23 for adults; there are children and group rates. Call 685-5104 for information.

Castaways Elite Dinner PlayHouse Theater presents **"Accommodations,"** a comedy, through July 13. Dinner buffet and show are \$44.50. Tickets for the show only are \$21. The production is Friday and Saturday nights. Call 685-3700 for reservations. Castaways is at 103 Manitou Ave. in Manitou Springs.

Kids Adventure Week

Kids Adventure Week is a day camp for children of military families only, ages 5 to 7 who have completed kindergarten. Sponsored by the Southeast Family Center and Armed Services YMCA, at 2190 Jet Wing Dr., the week-long camp includes swimming, crafts and outdoor activities. Call 622-9622.

New "theater" at Pepsi Center

"CityLights Pavillion" is a new, temporary theater in the parking lot at Denver's Pepsi Center. Barry Manilow is in concert June 14; followed by INXS, June 15; Engelbert Humperdinck, June 20; The Manhattan Transfer, June 21; Simple Minds, June 22; and Kenny Rogers, June 29; and that's just the first month. Meat Loaf, James Brown, Marc Anthony, Burt Bacharach and the Beach Boys are scheduled later. Tickets are at Ticketmaster, 520-9090

Barbecue and blues fest

Denver Blues and Bones Festival includes a barbecue competition and blues entertainment. Friday, activities begin at 6 p.m. and begin at noon Saturday at Invesco Field at Mile High. Tickets are

available at Ticketmaster.

Children's theater

"Beauty and the Beast" is in the Fine Arts Center theater, June 11 to 15, at 10 a.m. and noon. Tickets are \$3 each. Call the box office at 634-5583.

Bluegrass

The 13th Annual Bluegrass on the River Festival is June 1 and 2, features 17 bands. There's food, arts, crafts, camping and activities. Events begin at 10 a.m. at the Greenway and Nature Center of Pueblo, 5200 Nature Center Rd., on the city's west side. A weekend pass for adults is \$20, for children under 12, \$5, or buy a daily ticket. Camping sites may be rented. Call (719) 549-2414 for information.

Big Band Bash

A Memorial Day "Big Band Bash" is Sunday at the Broadmoor Hotel Ballroom, 7 to 11 p.m. Music of the 30s, 40s and 50s will be played by Frank Fanelli and his Big Band Orchestra. For tickets at \$12.50, call 593-2150.

West Point/Points West

The Denver Art Museum has an exhibition to show the role the U.S. Military Academy at West Point and the Army played in the exploration of the West. West Point's art instructors and graduates played leading roles in the exploration, mapping and depiction of the western landscape. The exhibit will be in the museum through July 21. The Denver Art Museum is in downtown Denver.

Denver fest

Capitol Hill People's Fair is in Civic Center Park in downtown Denver June 1 and 2. Food booths, entertainment and activities are on tap.

Royal Gorge Route

Ride the rail through the Royal Gorge — Three daily departures — 9 a.m., noon and 3 p.m., leave the Santa Fe Depot in Canon City. Tickets are \$26.95 for adults and \$16.50 for children ages 3 to 12. Call (888) RAILS-4U for reservations or go online www.royalgorgeroute.com.

Renaissance Festival

The annual **Colorado Renaissance Festival** opens June 8 near Larkspur, between Colorado Springs and Castle Rock, at Exit 172. The festival runs Saturdays and Sundays only, until July 28.

Happenings



Photo by Nel Lampe

Family fun ...

JoyRides Family Fun Center has Military Family Night every Monday from 3 to 7 p.m. for \$7 each or \$5 each with at least five people and military ID card. JoyRides is at 5150 Edison Ave., off east Platte.



Program Schedule for Fort Carson cable Channel 10, today to May 31.

Mountain Post Magazine: stories on soldiers, civilians and family members of the Mountain Post. Airt at 7 a.m., 10 a.m., noon, 3 p.m., 7 p.m. and midnight.

Army Newswatch: includes stories on Operation Snipe, the Best Ranger competition and the most recent Medal of Honor presentations (repeat). Airt at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on the 40th Lone Sailor award, the Norfolk, Va., Azalea Festival and the Marine Corps Fitness Championship(repeat). Airt at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on the Global Hawk, the Predator and Earth Day(repeat). Airt at

8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at

CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you have ideas for Mountain Post Magazine, please phone 526-1253 or e-mail MountainPostMagazine@carson.army.mil.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit a clean, typewritten copy of the information to the Public Affairs Office, room 2180, building 1550, Fort Carson, CO 80913 or fax it to 526-1021 no later than the Friday before airing time.